

# *Sarah's Healing Touch*

## **Mild Spicy Carrot Soup (Raw)**

*This is one of the yummy soups that we had at our last Above Rubies Retreat thanks to Terry. This is an energizing and nutrition packed summer soup!*



### **Ingredients**

2 - 3 carrots cut in chunks  
Juice of 1 orange  
¼ C. cashews or pine nuts or avocado, I used avocado  
1 piece of ginger  
1 T. Miso  
1 clove garlic  
1 T. lemon juice  
1 tsp curry powder  
1 tsp salt  
Water to thin

Blend & Garnish

Examples: green onion , sprouted lentils, cilantro, tomatoes & cucumbers

*Rejuvenate Refresh Relax*