

Sarah's Healing Touch

Raw Gazpacho

This is a yummy summer soup that we all enjoyed thanks to Terry at our last Above Rubies Retreat.



Ingredients

Use a juicer to create:

- 1 1/2 C. Tomato juice
- 1 C. Carrot juice
- 1/2 C. Cucumber juice
- 1/2 C. Celery juice
- 1/2 C. Lemon juice

Collect all this in a bowl large enough to hold 4 cups of juice (above) and approximately 5 cups of chopped veggies, below:

- 1 C. Red bell pepper, diced,
- 1 C. Cucumber, diced
- 3 Scallions, minced
- 2 C. Tomato, diced
- 1 C. Fresh corn kernels
- 1/4 C. Fresh chopped parsley

Dissolve 1 tsp. raw honey in a cup of the juice (hand blender is helpful),

Then add in:

- a dash of ground cumin
 - 2 T. olive oil
 - Real salt and pepper to taste
- Combine all together and chill

I use organic when possible. In the winter when tomatoes are not flavorful, substitute with an organic boxed/ bottled tomato juice. Corn can be frozen (just don't cook it). I also like to add a splash of Apple Cider Vinegar. Try other veggies like zucchini, squash, whatever you have available.

Rejuvenate Refresh Relax