

# Raw Soups!



from Cate Stillman [www.yogidetox.com](http://www.yogidetox.com) [www.yogahealer.com](http://www.yogahealer.com)

## Raw Soups kick it up a notch.

For those who sense shifting towards living food means the end of soups... think again. When my husband and I switched to raw soups we were astonished by the nutrient-rich experience and the flavor. The bright color will boggle your senses.

**A great way to start with raw soups is to add boiling hot water to the refrigerator cool vegetables. This renders a soup about 115' so the nutrients are mostly alive. I also like to add Rapunzel veggie broth cubes and fresh herbs for flavor. I use a high powered blender (blendtec or vitamix) for a creamy texture in my raw soups. A regular blender works, but renders a chunky texture. When using a regular blender you can finely chop or put veggies through a food processor first.**

### Raw Family Green Soup

3 leaves of chard  
1 stalk of celery  
Half a bunch fresh parsley  
Juice of 1 lemon  
1 large avocado  
2 cups of hot water

Add water as needed and blend to desired consistency. We like to use dulse leaves, grated carrots, grated cauliflower, and sprouts to our bowl of soup.

From '[Green Smoothie Revolution](#)', recipe by [Victoria Boutenko](#)

### Bright red tomato soup

2 tomatoes  
1 red bell pepper  
2 stalks celery  
5 sundried tomatoes  
1 veggie broth cube  
1 tbsp. olive oil  
salt and pepper to taste

### Fennel Pesto Soup

2 stalks fennel  
handful cilantro  
1 tbsp. olive oil  
big slice lemon juice  
1 tbsp. pesto or 1/4 c. fresh basil  
1 stalk celery  
1 cup green sprouts (alfalfa, sunflower, whatever)  
1 veggie broth cube  
salt & pepper  
pinch of cayenne (for Vatas & Kaphas)  
2-3 c. hot water

### Brazil Nuts & Broccoli Soup

1 stalk celery  
small handful brazil nuts  
big slice lemon juice  
1 tbsp. fresh thyme  
2 cups broccoli, stalks are fine  
1 veggie broth cube  
salt & pepper  
pinch of cayenne (for Vatas & Kaphas)  
2-3 c. hot water