

## Capsicum gazpacho soup

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d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
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fjs);}}(document,"script","twitter-wjs");
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po.src = 'https://apis.google.com/js/plusone.js'; var s =  
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Looking for healthy, vegetarian soup ideas? We love this capsicum gazpacho soup.

### Ingredients

- ¼ white onion
- 2 zucchini peeled, roughly chopped
- 2 red [capsicum](#), roughly chopped
- ¼ cup Shiro miso
- Juice of 1 lemon
- 1 avocado
- 1 tsp coriander fresh
- 3 tsp flax oil
- Pinch of salt
- 1 clove garlic
- 1 stalk celery, roughly chopped
- ¼ tsp smoked paprika
- 1 cup water
- 6 sundried tomatoes, soaked to soften

Method:

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Blend all in a high-speed blender. Adjust to taste. Serve with extra coriander to garnish and a sprinkling of smoked paprika.

Recipe from eBook [Easy Raw Food Recipes to get you Started](#).

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