

Spicy avocado soup

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Spicy avocado soup

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Raw food enthusiast, Adele from Vegie Head, shares her simple recipes

Ingredients (serves 2)

- 1 avocado, flesh only
- 1 cup baby bok choy
- 1 medium-sized cucumber
- ½ cup parsley
- Juice from one lemon
- 1 tsp lime juice
- 1 tsp MicroOrganics Green Nutritionals Green Superfoods Powder
- ½ red chilli, seeds removed
- ½ tsp freshly grated ginger
- 1 tsp barley miso paste
- ½ cup filtered water
- 1 tsp black sesame seeds
- Mung bean sprouts
- Extra parsley

To serve

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- 1 tsp black sesame seeds
- Mung bean sprouts
- Extra parsley

Method

Blend all ingredients together, using more or less water to desired consistency and serve immediately with garnishes.

One cup of avocado has 23 per cent of the recommended daily value of folate.

Find more of Adele's recipes at vegiehead.com.

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