

## “Start Your Engines” Morning Soup

I have his “rawsome” green soup at least once a week. I love it! You can almost feel it working at the cellular level! (*I imagine!*)



**1 BAG organic baby spinach**  
**1 cucumber, peeled, seeds scooped out**  
**1 ripe avocado**  
**1 or 2 small limes (juiced) or use lemons**  
**1/3 cup (approx.) fresh dill or cilantro**  
**Curry blend to taste (about 1 T. (or use cumin))**  
**Dash of sea salt or Herbamare**

Pulse and blend all ingredients. Add small streams of water until smooth and creamy, or to consistency that you prefer. Enjoy!



For vegan recipes and other ideas, please visit [www.Vegan-Gal.com](http://www.Vegan-Gal.com)