



Pea Soup

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Linda Roderigues ONE OF MY FAVORITES

Serves 2

2 small or 1 medium clove garlic

3 small to medium Carrots, peeled, thinly sliced, divided

1 Avocado

2 cups Warm Water or more for consistency

2 cup fresh Green Snap Peas, prepared [see below] or 1 1/2 cups thawed organic frozen Peas

1 tbsp each of Bragg's Aminos & Dry White Wine (optional)

1/2 tsp Italian Seasoning

1 dash or more Cayenne to taste

1/4 cup fresh Parsley and more for garnish

Mince garlic; set aside.

Place half the carrot slices in a soup bowl; set aside.

Blend avocado with about 1/4-1/2 cup water on low until creamy.

Add remaining carrots and peas;

Blend on low/grind just until chopped fine [using enough water to keep blender running easily].

Add Bragg's, wine, seasonings, garlic, and parsley.

Blend briefly; taste and adjust water and seasonings for taste/texture.

Serve immediately with finely chopped parsley as a garnish, if desired.

Note: Prepare each snap pea by pinching off blossom end and pulling to remove strings.

Break each in half before adding to blender.

You can use frozen thawed organic peas, instead of fresh snap peas, and this is also very good.