

# SEVENTH HEAVEN SOUP

## Ingredients

- 1/2 cup sesame seeds
- 1 cucumber, unpeeled
- 1 red bell pepper, seeded and cored
- 2 celery stalks
- 1 tomato, cut into pieces
- 1/4 cup chopped red onion
- 1 apple, cored
- 1-inch fresh gingerroot, peeled

- 3 garlic cloves, peeled
- 1-2 sprigs fresh cilantro
- 1/4 cup freshly squeezed lemon juice
- 2 1/2 cups distilled water
- 2 tsp. miso paste
- 1/2 cup Bragg Liquid Aminos protein concentrate (available at health food stores)

## Topping

- 1/4 cup cold-pressed olive or flaxseed oil
- 1/4 tsp. ground cayenne pepper (optional)
- 1/2 tsp. minced garlic
- spirulina flakes (available at health food stores)

## Directions

1. Place the main ingredients in a blender. Blend until consistency is smooth enough to drink.
2. Pour into individual soup dishes. Top off with oil, pepper, garlic and spirulina flakes.

## SKILL LEVEL



# Seventh Heaven Soup Recipe

**Didier Musso**



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