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)

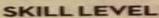
Topping

- •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

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







Seventh Heaven Soup Recipe

Didier Musso

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