

Ten Ingredient Alkalizing Green Soup

1 cup cooked split green peas
2 ounces (2 handfuls)
spinach, de-stemmed
1 large celery stalk
1 ounce parsley leaves (1
handful)
1 ounce cilantro leaves (1
handful)
1 clove garlic
1 tablespoon miso
1 tablespoon nutritional yeast
2 tablespoons coconut cream*
2 1/2 cups water

Toppings: any/all of the
following: shaved
watermelon radish (I like to
soak in salt water), toasted
almonds, celery &/or
cilantro leaves

❶ Combine the split peas, spinach, celery, parsley, cilantro, garlic, miso, nutritional yeast, 1 tablespoon of the coconut cream, and the water. Puree until silky smooth. Transfer to a medium saucepan, and (if desired) heat gently until hot but not simmering. Taste, and adjust with a bit of salt or more miso, if needed.

❷ Serve topped with a drizzle of the remaining cream, and whatever toppings you have on hand.