

Recipe – Claudia's Raw Creamy Carrot Soup

Ingredients:

- 4 large carrots
- 2 stalks celery
- 1/8 red onion
- ¼ c parsley
- 1 apple, peeled
- 2 dates
- 2 c water
- 2 t lemon juice
- ½ t sea salt
- 1 ½ t cumin
- 1/3 c sunflower seeds, soaked (optional) *
- 2 t lemon juice

Directions:

In a powerful blender, mix all ingredients to desired consistency

A conventional food processor may be used but soup will have a chunkier consistency

*For a creamy consistency, add sunflower seeds. The seeds should be soaked for 4 hours or overnight before they are used as an ingredient in the soup.