

Recipe – Claudia's Raw Corn Soup

Ingredients:

- 1 clove garlic
- ¼ c red onion
- 2 carrots
- 2 stalks celery
- 3 parsnips
- ½ c jicama
- ¼ red pepper
- 2 c whole kernel corn*
- 3-4 sprigs parsley, more for garnish if desired
- ¼ c soaked almonds**
- 1 tsp salt
- 2 c water

Directions:

Process all ingredients in a heavy duty blender or food processor

*Add corn ½ cups at a time, processing after each half cup is added

**Soak almonds for at least 4 hours or over night