

**Raw Broccoli Soup from Living on Live Food by Alissa Cohen**

3 cups water

1 c almonds or almond meal

1 t honey

2 c broccoli

1 avocado

½ to 1 clove garlic

1 Tbsp olive oil

1 t onion

1 - 1 ½ t sea salt

½ t cumin

1/8 t black pepper

1. In a blender or Vita Mix, blend water, almonds and honey until smooth.

2. Add in the rest of ingredients and blend until creamy.

Note: We usually leave out the honey. It is plenty sweet enough without it.