

Gazpacho Soup

This is a creative recipe and must be modified for your tastes

Use a Vitamix or similar high-powered blender.

Ingredients

Tomatoes, cut & ripe
1 bell pepper
1 medium size onion (sweet)
1 carrot
1 medium beet
1 lemon cucumber or ½ regular cucumber
1 bunch basil
4 cloves of garlic
1 to 2 small zucchini
1 cayenne pepper
½ tsp Himalayan or Celtic salt
1 ripe avocado
Kale
Red cabbage
Broccoli
Cauliflower

Preparation

1. Fill blender ½ full with cut ripe tomatoes.
2. Add bell pepper, onion (preferably sweet), carrot, beet, lemon cucumber or regular cucumber, bunch of basil, cloves of garlic, 1-2 small zucchini, cayenne pepper, Himalayan or Celtic salt, ripe avocado.
3. Do initial blend. Then add kale, red cabbage, broccoli, cauliflower to complete filling the blender, and blend again.

You can vary proportions to taste and add more or less salt to taste. I often add a bit of oregano. I find red cabbage and cauliflower make a most tasty raw gazpacho soup. Again, varying amounts to fit your taste is important.

Avocado salad dressing

Ingredients

1 to 2 avocados, ripe

½ to 1 full lemon, freshly squeezed

Celtic sea salt or Himalaya salt to taste (approx. ½ tsp)

Garlic granules to taste (approx. ½ tsp) or 2 to 3 cloves garlic, freshly squeezed

Pepper, freshly crushed (optional)

½ tsp organic mustard (optional, if dealing with cancer use mustard powder)

Preparation

1. Put avocado in a glass bowl or glass measuring cup then mash with a fork or potato masher.

2. Add freshly squeezed lemon juice.

3. Add Celtic Sea salt or Himalaya salt to taste.

4. Add garlic granules or freshly squeeze 2-3 cloves of garlic to taste.

5. If desired, add some freshly crushed pepper.

Optional: Add ½ tsp organic mustard. (If dealing with cancer, use mustard powder).

6. Mix up and then add pure water and mix again. Add enough water to desired consistency for pouring over salad.