



Curried Carrot Soup (Raw)

2 servings

- 1 cup grated carrot, about 2 carrots
- 1 stalk of celery chopped about ¼ cup
- ½ avocado, cut into cubes
- ¼ cup coconut milk (Native Forest)
- 1 scallion, sliced
- ¼ tsp finely chopped ginger
- ½ Tb lemon juice
- ½ tsp curry spice, or to taste*
- ¼ tsp Celtic sea salt
- Pinch of black pepper
- 1 cup filtered water
- 1 scallion, green part only, thinly sliced for garnish

- Blend all ingredients until smooth
- Taste to adjust flavors, add more salt or lemon if necessary.
- Chill if ingredients have gotten warm.
- Serve , garnished with a few scallion slices and a sprinkle of curry powder

***Note:** Try and get curry powder without salt. If your curry powder has salt leave out the salt in the recipe until the end, you will taste first and add if necessary. Madras curry tends to be milder.