



RAW VEGAN ZUCCHINI SUMMER SOUP

INGREDIENTS

4 cups (946 ml) – filtered water (chilled)
1 cup (250 ml) – plant-based milk (chilled)
½ cup (75 g) – org raw cashew nuts
(soak as per *Tip#1* instructions)
1 cup (105 g) – org fresh dill
6-8 – mini org zucchinis (or four medium or three large)
1 – org red bell pepper (or any colour)
2 – med org garlic cloves
1 tbsp (15 ml) – coconut aminos (or tamari sauce)
1 tsp (4 g) – salt (Himalayan or Celtic)
**add extra if desired*

PREP TIME: 5 MIN
COOKING TIME: 2 MIN
TOTAL TIME: 7 MIN
SERVES: 4-6

DIRECTIONS

Tip#1:

Soak the cashew nuts overnight with double the amount of filtered or purified water – 1:2 ratio, and 1 tsp of salt (1 tsp to 1 cup). Refrigerate if soaking overnight.

Same day: Soak for a minimum of 4 hours on top of the counter—same water ratio.

Quick soak: Boil water and cover the cashew nuts, add salt, leave for 30 minutes. Drain the soaking water and rinse thoroughly before adding the nuts to the composition.

Soup Prep:

Step 1

Clean and wipe dry all your veggies. Roughly cut zucchini, bell pepper, and dill. Peel garlic.

In a high-speed blender, add ALL listed ingredients (first veggies, aromatics, cashews, then liquids).

Start blending at low speed until all ingredients will start mixing and gradually increase the speed to high. The raw veggie soup should be well blended in max 1 minute until smooth and creamy.

Ready to serve cold!

Additional toppings – dairy-free yogurt, zucchini chips, microgreens or sprouts, nuts and seeds (if preferred)

Enjoy fresh!

Keep leftover soup refrigerated and consume within a maximum of two days.

VEGAN
GLUTEN-FREE
OIL-FREE
SOY-FREE
SUGAR-FREE