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# RECIPE | GREEN SOUP

Servings: 2 (R VN GF DF SF) Prep Time: 5 mins Cook Time: 5 mins

## INGREDIENTS

- 2 avocados, peeled and stoned
- 3 cups fresh apple juice
- 1/2 lemon, juiced
- 1 zucchini, grated
- Handful alfalfa and hemp sprouts
- 1 stick celery, finely diced
- Handful parsley
- 1 tbsp Tamari
- 1 tsp hemp oil
- 1 tsp nutritional yeast
- 1 large mushroom sliced
- 1/2 tsp ground ginger



VEGAN

## METHOD

1. Combine avocados, apple and lemon juice, parsley, hemp oil and ginger. Mix sprouts with grated courgette and diced celery. Combine both parts and serve garnished with sliced mushroom.
2. Bake at 180 Degrees Celsius for 15 minutes. Remove from the oven, rotate the baking tray and return to the oven for another 10 minutes or until cooked through.
3. Cool at room temperature and store in an airtight container. Enjoy with your favourite plant milk.

