

Gut-healing Raw Mediterranean Soup

I highly recommend a premium blender to make this

This is such a creamy soup, you might be surprised how good and uncooked soup can taste...



Making soup has never been easier!

What You'll Need

- A high quality blender (for best results)
- 6 tomatoes
- 1 Red Capsicum
- 1 zucchini
- 1 Brown Onion
- 1 clove of garlic
- 1 yeast-free stock cube
- 1 litre of warm water
- Handful of basil leaves (or [food grade Basil oil](#))
- Juice of half a lemon
- Himalayan salt & pepper to taste
- Olive oil
- 1-2 scoops [Perfect Hydrolyzed Collagen](#)

What to Do

1. Wash your veggies, chop up and add to the blender
2. Add the garlic, water, stock cubes, salt & pepper and a few basil leaves
3. Whizz this all up until smooth & creamy. Taste to see if it needs more herbs or salt?
4. Pour into bowls and add a good squeeze of lemon and a drizzle of olive oil

How simple was that?