

# 5-Star Cold Beet Soup

1-2 Large or Small Beets - Large Chunks

1-2 Avocados

2 Stalks of Celery - Chunks

2 Cloves Garlic

Juice of 2 Lemons

Peel of Half Lemon - Organic

2T Apple Cider Vinegar

1-2 inch Piece of Ginger

1-2 cups of Aloe Juice

Half - 1t Hawaiian or Himalayan Salt

1T Turmeric - Fresh or Powder

1-2T Miso Paste

1-2T Dulse Seaweed

1-2T Parsley, Rosemary, Basil or Dill

Put in Blender or Vita-mix and add water to around 2" from top to blend to very smooth.

To make hot: add fresh Calli Tea in place of water.

Fresh Cilantro - Chopped abundantly to add on top and/or Pine Nuts or Pumpkin

Seeds, Red Chili Pepper to garnish in beautiful bowl.

Store remainder in glass jar to use days after