

## Avocado Grows in the Sea Soup

(Serves 3-4)

*Dive deep into the refreshing ocean vibe, fill your mouth with creamy avocado goodness...*

### INGREDIENTS:

#### For the base:

3/4 cup sunflower seeds (soaked for at least 2 hours)

1/2 cup young Thai coconut meat

1/2 cup chopped carrots

1 1/2 limes juice

1 1/2 tbsp raw agave nectar (or honey)

1 tbsp tamari

1 clove garlic

1 tsp turmeric

1/2 serrano pepper

2 1/2 cups water

1/2 tsp sea salt

2 tbsp extra-virgin olive oil

### DIRECTIONS:

Place all the ingredients for the base (except the oil) into a blender. Blend until it gets smooth, then pour in the oil while still blending and blend for a few more seconds until it becomes creamy.

For the garnish cut the seaweed into bite-size pieces. Chop the tomatoes and avocado into small cubes. Chop the cilantro and mince the sage leaves. Put all the garnishing ingredients into a big soup bowl. Pour in the soup base, mix gently with a spoon. Serve in nice soup bowls, decorate with thin slices of jalapeno pepper. Bon Appétit!



#### For the garnish:

1 cup arame seaweed (soaked for at least 5 minutes and drained before using)

2 tomatoes

1 avocado

1/2 cup chopped cilantro

4 fresh sage leaves

1 jalapeno pepper (optional)