

Avocado Velouté

Ingredients:

Soup

- 3 avocados
- 2 cups nut milk (hemp milk)
- 1 cup water
- ½ cup cilantro leaves
- 1 cup finely diced red peppers
- ½ Tbsp. white miso
- 2 Tbsp. lemon juice
- Salt and pepper to taste use rosemary salt here

Preparation:

Soup

Blend all ingredients except diced red peppers in a high-speed blender until smooth. Finish seasoning with salt and pepper to taste; add in the diced peppers and garnish with cilantro oil.

Ingredients:

Cilantro Oil-optional

- 1 bunch cilantro stems removed partially only the ends
- ½ cup olive oil
- 2 cloves of garlic
- 1 tsp sea salt

Preparation:

Cilantro Oil

Blend all ingredients in a high-speed blender until smooth. (Strain out solids through a cheesecloth, optional) add lime juice for flavor.