



# Raw Vegan Recipe: Corn Cauliflower Pea Soup

I LOVE this soup! Remember to add in a bunch of LOVE when you're making it! ❤️

## Base Ingredients:

- One bag of organic frozen Peas
- One bag of organic Sweet Corn
- One bag of organic frozen Cauliflower (whole or rice cauliflower)
- 1-2 Tablespoons of Raw Tahini (more for flavor, less for weight loss)
- Include as much [distilled water](#) as needed, but start with 1 cup to blend (use code "ShariLikesFruit" for 5% of your Water Distiller)

*BLEND to desired consistency.*

## Add your favorite spices and dried herbs:

- Dried onion
- Nutritional Yeast (optional)
- Dried garlic
- Cumin
- Truffle salt (optional)

## Top with:

- Sliced fresh, organic avocado
- Chopped Chives or Scallions
- Ground fresh, organic black pepper
- Smoked paprika or Cayenne (if you like it hot)
- Organic Everything Bagel Seasoning (optional)
- Chipotle or Pepper Flakes (if you like it hot)

For those who *aren't* in a hurry, you can also experiment with adding the juice of half a lemon and 1-2 dates.

