

ingredients

- serves 4

- 2 cups water
- 3 tomatoes
- 1 shallot/spring onion (with root)
- 1 stick celery
- 1/2 carrot
- 1 handful cabbage
- 1/4 red capsicum
- 1-2 handful cashews
- 1 handful basil (with stalk)
- 1 garlic clove
- 1 Massel stock cube
- Salt & Pepper to taste

Optional

- 1 small slice ginger (with peel)
- 1/4 jalapeno or chilli (with stem and seeds)
- red capsicum and basil leaves (garnish)

Optional Chunky Style

(blend on Variable 6 for 10 seconds)

- 1/2 tomato
- 1 handful basil

directions

- Put all the ingredients into the Vitamix 2L container in the order listed and secure the lid.
- Select Variable 1. Turn the machine on and quickly increase the speed to 10, then override to High.
- Use tamper to effectively press the ingredients into the blades if required whilst processing.
- Blend for 3-6 minutes or until desired temperature is reached.
- Stop the machine. Garnish with some thin slices of red capsicum and basil leaves and serve.
- Enjoy!

Notes

- If using hot water run for only 1-2 minutes.
- Raw Foodist like to only heat their soup to about 45 degrees so no enzymes are lost.
- this recipe can be reduced by half and made in a Vitamix 0.9L wet container.
- Make sure to always check that the nuts that you are buying are gluten free.

Makes: 1-1.5L

Serves: 2-4

Estimated based on one serving size

Tomato & Basil Soup