

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Tepid Cream Miso Dulse Mushroom Soup

Ingredients

- 3 Cups of cashew or almond milk
- 2 Tbs cashew nut pulp
- 4 large Swiss Brown or dark Portobello Mushrooms
- 3 dessertspoons Miso paste
- 1 teaspoon dried Dulse flakes (seaweed)
- Sea Salt and cracked pepper
- A dash of macadamia oil
- Handful of sliced marinated mushrooms for garnish



Instructions

The idea with this soup is to whisk it up in your Vitamix or blender at high speed, creating a beautiful foaming mixture which is tepid to the touch. The longer you leave the Vitamix at high speed the warmer the mixture will become.

Pour into soup bowls and garnish by floating the marinated mushroom on the surface. Add seasoning and a splash of Macadamia Oil around the edges.

This soup is really quite stunning.

A quick word on Blenders... if you're on a tight budget, then use a regular blender, however, it is well worth investing in a Vitamix blender as, without doubt, you can do so much more. The same goes for Dehydrators, but I will cover that in a separate video.