

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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RawDon Noodle Soup with Fennel & Ginger

Ingredients

1 Soup bowl equivalent of fresh water

¼-1/2 Red Bell Pepper

Cup of Cashew Milk

Small piece of fresh Ginger to taste

¼ teaspoon Paprika

Small Clove of Garlic

Dash of Turmeric

Squeeze of Lime Juice

S&P to taste

½ Peeled Zucchini

Several slices of Fennel

Chopped chives as a garnish and a red chilli



Instructions

Add the water, bell pepper, cashew milk, fresh ginger, paprika, garlic, turmeric and squeeze of lime to your Vitamix or Bullet. Blitz to create a warm well blended soup base.

Peel outer green skin from the zucchini so that you only have white meat showing and using a spiraliser create fine creamy 'Udon type' raw noodles.

Add these to your warm bowl mix placing the chopped fennel on the top along with some green chives and a chilli, if you fancy. Season again if necessary.