

The

RAW Food

Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

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## Cacao Chocolate and Macadamia Nut Soup

$\frac{3}{4}$  -1 cup of crushed Macadamia nuts or  
fines (small pieces)

2 Dessert Spoons Cacao powder

1-2 cups of Almond or Cashew milk  
depending on numbers

1 Desert Spoon Agave only to taste

Cacao Nibs for garnishing



### Instructions

Blend all the ingredients in your Vitamix and serve in bowls or fancy glasses depending on whether you are serving as a main or a dessert and then start to 'rock your sox off' !!!