

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

Scott Mathias

www.scottmathiasraw.com

RAWSpacho Soup

Ingredients

(for 1 serving)

1 Whole Large Organic Tomato

½ Lebanese Cucumber

1/2 Red Bell Pepper

1 Spring Onion

1 Splash of Macadamia Oil

Dash of Paprika

Squeeze of lime juice (lemon will suffice)

Sea salt and pepper to taste



Instructions

Blend all the ingredients in either a Vitamix or hand held Bullet Blender until course and flowing.

Serve in a nice white soup bowl and garnish with small cubes of tomato or bell pepper and Spring Onion.

Serve with Seed Snackers.