

Raw Pear, Mint & Fresh Coriander Soup

(Recipe by Radha Sukhani)

Ingredients: serves 4-6

- One large (2 small) pears cored, peeled, and cut in cubes
- One cup packed Mint and Fresh Coriander leaves
- One teaspoon extra virgin olive oil or golden sesame oil
- Green chilis to taste chopped
- One inch piece ginger pounded
- One medium avocado meat (optional)
- One tablespoon pine nuts or 8-10 cashews or blanched almonds
- Two teaspoons lemon juice or juice from one lime
- Half cup boiled chickpeas
- Himalayan pink salt to taste
- Two cups of warm water
- Three cups of boiling water

Garnish on the soups

- Green onions chopped fine
- Two to three mint leaves/ cup
- Toasted walnut pieces

Directions :

1. Blend all ingredients with 2 cups of warm water except for salt using high power blender.
2. Immediately before serving add 2-3 cups of boiling water until you get the consistency of choice.
3. Add salt to taste
4. Garnish each cup of soup with a couple of mint leaves, a few pieces of green onion, and toasted walnut pieces.

(Note: Never heat the raw soups as these will lose their texture. Eat them warm or at room temperature or even chilled)