

Radiant Raw Red Pepper Bisque



Prep time: 5-10 mins Total time: 10 mins
Serves: 2

Ingredients

- 2 medium red bell peppers, chopped
- 1 carrot, chopped
- ½ cup yellow onion, chopped
- ¼ cup cashews (nut free: use sunflower seeds)
- 1 clove garlic, peeled
- ½ cup vegetable broth (without yeast extract) or water
- 2 tablespoons red wine vinegar
- 1 teaspoon oregano
- ¼ cup full-fat canned coconut milk
- sea salt, to taste

Toppings

- 1 avocado, sliced
- Pinch of red pepper flakes (optional)
- Pine Nuts (optional)

Instructions

1. Place all of the ingredients into the blender and blend until smooth.
2. Taste and season with salt - stir or blend again.
3. To serve, place half of the soup in a bowl and top with red pepper flakes and sliced avocado

Lori Kearney Notes: You will have a yummy and nutrient dense soup in under 10 minutes! Great for a summer day at room temp right from blender or chilled. If you have a high power blender, just quickly rough chop vegetables. I like to use more cashews and canned coconut milk than original recipe. Topped with an avocado and pine nuts. This is a wonderful recipe for the brain with good healthy fats, lots of vitamin C, cashews to help with mood and nutrient dense for energy. Please use all organic ingredients if possible.

Original Source: <http://foodbabe.com/2015/05/12/radiant-raw-red-pepper-bisque/>