

Spring Spinach Soup



Place all ingredients into a blender and blend thoroughly until the texture is smooth and creamy.

Serve Cold

Makes 4 Servings

Prep Time: 5 Minutes

Ingredients

- 1/4 cup shelled pistachios
- 1/8 cup of pine nuts
- 1 1/4 cups of spinach
- 2/3 cup of avocado
- 1/4 cup lemon juice
- 3 cups of water
- 1/3 cup of red onion
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 1 small clove of garlic
- 1 tbsp dried rosemary