

## ***Ocean Love Soup***

*From the ocean to your table warm flavors to spice up your love... nights... ☺*

*(Makes 4-6 portions)*

### **INGREDIENTS:**

#### **For the base:**

3 medium peeled carrots (or 1 ½ cup roughly chopped carrots)

1 celery stalk

1 cup walnuts

½ cup sunflower seeds

Small piece of onion

2 medium garlic cloves

2 tbsp lime juice

1 chile Anaheim (without seeds)

½ chile serrano (with seeds if you like it more spicy)

2 tbsp raw honey (or raw agave nectar)

2 tbsp Nama Shoyu

½ tsp sea salt

1 tsp cumin powder

½ tsp black pepper

3 ½ cups filtered water

4 tbsp first cold press olive oil (make sure to add it in the end)

#### **For the garnish:**

½ medium bell pepper, 1 cup dry dulse seaweed, ½ cup finely chopped parsley and 1 cup chopped cucumber (small cubes)



**PREPARATION:**

First place the dulse seaweed into a bowl and cover it with filtered water. Let it soak for a couple minutes. It will be ready to use by the time you make the soup base.

**For the base:**

Place all the ingredients for the base (except for the olive oil) into a blender. Blend it until it becomes homogeneous. At this point you may want to stop the blender to taste. Everybody has their own taste and if you feel that it needs to be more salty, spicy, sour, etc., then go ahead and add in more of that particular ingredient. Turn on the blender again, and start pouring in the olive oil. Let it blend for at least 20 seconds or until it gets smooth and creamy.

**For the garnish:**

By this time the dulse seaweed must be ready to use. Rinse it off. Cut the bell pepper into thin slices, finely chop the parsley and cut the cucumber into small cubes.

Pour the soup base into a big bowl, add in the veggies for garnish. Gently mix with a spoon and you are ready to serve the soup!

Bon Appetit! Enjoy!

Recipe by Chef Perkunas



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