

*RAW HEALING SOUP*

Serves 3 to 4

2 cucumbers, peeled  
1 avocado  
1 carrot, chopped  
1 jalapeño pepper  
½ yellow onion, chopped  
2 cloves garlic  
Juice of ½ lemon  
Fresh cilantro and parsley to your taste  
1 to 2 cups of water

Combine all ingredients in a high-speed blender and blend until smooth.

Eat as much as you like!