

TOMATO & MINT GAZPACHO

Serves 6 to 8

3 pounds tomatoes, chopped
1 English cucumber, chopped
2 red bell pepper, chopped
3 garlic cloves, peeled and crushed with a garlic press
2/3 cup raw almonds, finely ground in a food processor
2 cups water
1 tablespoon Celtic sea salt
1/2 teaspoon fresh black pepper
1/2 cup fresh mint
1/3 cup raw apple cider vinegar
2/3 cup olive oil (extra virgin, first cold pressed, and organic)

In a glass bowl, combine all the ingredients, cover and, put in the fridge for 2 hours in order to mix the flavor.

In a food processor, process partially the mixture to get a chunky gazpacho.

Serve the soup with celery sticks.

(From Lynelle Scott-Aitken's book: Raw Food Recipes: No Meat No Heat)