

# Asparagus Avocado Soup

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*Raw - Vegan - GF - NF - Low Fodmap*

Roasting asparagus neutralizes their natural bitterness.

Mixed with avocado and nuts, this soup makes an excellent late dinner

Asparagus and avocado are known today to have the highest level of glutathione.

@antioxidant, @anti-inflammatory,

@glutathione-rich, @delicious, @healthy soup

## **Ingredients :**

- 12 oz asparagus
- 1 tbsp infused oil
- 2 cups vegetable stock or spicy tea\*
- 12 oz avocado, peeled and cubed
- 1 lime juice
- 1 tbsp of walnut oil\*\*
- 1 tbsp of cilantro
- few walnuts to decor

salt and pepper to taste

## **Directions:**

- Preheat oven to 425 degrees.
- Toss asparagus with garlic infused olive oil, salt and pepper and roast for 10 minutes.
- Carefully transfer asparagus to a blender with remaining ingredients and puree until smooth. Add salt and pepper to taste.

Add water to get a thinner consistency, if needed, and warm gently over medium heat.

Serve immediately with some walnuts and pieces of asparagus.

You can also cool it and serve it later, chilly.

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\*Spicy tea: to give taste without adding calories I make some herbal spicy teas available in different tea distributors or I do it myself. I brew ginger turmeric as a tea and use it as stock.

\*\* I love walnuts, pistachio oil is a good alternative.

From "The Avocado Affair " [www.starknakedhealth.com](http://www.starknakedhealth.com)