

Creamy Raw Celery Soup

From "Rawlicious at Home" by A. Crawford et al. A very easy and satisfying raw soup. A favorite in our house, especially in the winter months.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Soups

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Raw



Ingredients

Salt, sea salt	2 tablespoon
Black pepper, ground	1.5 teaspoon
Cayenne	1.5 teaspoon
Cumin, ground	1 teaspoon
Chili powder	1 teaspoon
Onion powder	1 teaspoon
Water	3 cup
Cashews, raw	0.5 cup
Celery, raw	12 medium - stalk - 7 1/2" to 8" long
Garlic, fresh	2 clove
Premium nutritional yeast seasoning	6.5 x 1 tbsp
Parsley, fresh	4 sprig

Instructions

The first 6 ingredients - salt, pepper, cayenne, cumin, chili powder and onion powder are for making the Rawitch Spice Mix. You will not need all of it for this recipe. But once you make a batch you can store it and reuse it when needed.

Chop 10 of the 12 celery stalks roughly. And finely dice the 2 remaining celery stalks.

1. Place 1/2 tsp rawitch spice in the blender with water, cashews (not soaked), 10 stalks of roughly chopped celery, garlic, 3/4 cup of nutritional yeast and a dash of salt (optional) and blend until smooth.
2. Transfer to a large bowl and mix in the finely diced celery.
3. Warm the soup using a rice cooker set on "warm" or a dehydrator, or on the stove over low heat just until warm - if kept under 118 F it is still considered raw.
4. Garnish with nutritional yeast, a dash of rawitch and a sprig of parsley.