

Soups for each Dosha

Vata

Basic Vata Green Soup

1 c fennel
1/2 c yellow pepper
1 avocado
1/4 c fresh basil or dill chopped
1 tbsp lemon juice
1 veggie broth cube
dash cayenne
salt & pepper to taste

Blend with 4 c. of boiling water
Garnish with sunflower sprouts

Basic Vata Red Soup

3 c. tomatoes
1 stick celery
5 brazil nuts
1 tbsp. olive oil
1 tsp lemon juice
2 tsp. Italian spice blend
1/2 tsp agave
1 veggie broth cube

Blend with 4 c. boiling water
Garnish with fresh basil

Fun Vata Soup

1/2 fennel bulb
1 large carrot
1 cup jicama
1 avocado
1 veggie broth cube

Blend with 4 c. of boiling water
Garnish with sunflower sprouts

Soups for each Dosha

Pitta

Basic Pitta Green Soup

1/2 an avocado
2 c. lettuce greens
sprigs of fresh dill or cilantro
1 1/2 c. zucchini
1 veggie broth cube
1/2 av avocado

Blend with 4 c. boiling water. Garnish with clover sprouts

Minty Asparagus Soup

1 cup asparagus
juice of 1 lime
2 tbsp. unsweetened coconut flakes
1 c. cucumber
2 tbsp. mint
salt to taste
1 veggie broth cube

Blend with 4 c. boiling water. Stir in 1/2 an avocado diced.

Curry Coconut Carrot Soup

1 c. chopped carrots
1 c. fresh carrot juice
1 c. coconut water or water
4 leeks
1 1/2 tsp. yellow curry powder
1/2 c. unseated coconut flakes
2 dates, pitted
2 stalks celery
1 veggie broth cube

Blend with 4 c. boiling water. Garnish with cilantro & sunflower sprouts

Soups for each Dosha

Kapha

Basic Kapha Soup

1 cup arugula
1/4 c. basil
1 turnip
1 cob corn sliced off
1 veggie broth cube
1 tbsp. flax oil
Cayenne to taste

Blend with 4 c. boiling water. Garnish with fenugreek sprouts.

Spicy Ginger Soup

1 daikon grated
1 c. celery
1 big tomato
1 tbsp. cup lemon juice
2 tbsp. fresh lemongrass
2 tbsp. ginger finely grated
2 tbsp. thai curry paste
1 tbsp. toasted sesame oil
1 veggie broth cube

Blend with 4 c. boiling water. Garnish with sunflower sprouts.

Light Seaweed Broth

2 Sheets nori, cut into strips
1 stalk celery, finely chopped
2 tbsp. miso paste
1 tsp. thai curry paste
1 tbsp. toasted sesame oil
1 veggie broth cube

Blend miso with 2 c. warm water. Dissolve broth cube & curry paste with 2 c. hot water. Stir in remaining ingredients. Garnish with arugula.