

*GreenSpirit*



## **Cheezy Spinach Soup**



### **Cheeze:**

4 cups Pine Nuts, soaked 1 hour, drained  
1 cup Cashews, soaked 1 hour, drained  
 $\frac{3}{4}$  cup lemon juice  
1 cup water  
 $\frac{1}{2}$  cup nutritional yeast  
1 teaspoon sea salt

Blend all ingredients until smooth and creamy.

### **Soup:**

1 cup Cheeze  
 $\frac{1}{4}$  cup chopped fresh basil  
1 teaspoon onion powder  
1 teaspoon garlic powder  
 $\frac{1}{2}$  teaspoon sea salt  
Spinach – several handfuls  
Water as needed to blend and thin

Blend all ingredients, adding as much spinach as you can fit in your blender. Feel free to add more spinach once it's blended down (I put in 4 large handfuls).

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