



## **Energy Soup**

3 cups Rejuvelac or water  
3 golden delicious apples, peeled and chopped  
3 cups spinach leaves or kale (de-stemmed and chopped)  
1 1/2 cups sunflower greens  
1 avocado, peeled  
3 tablespoons dulse flakes

Place the Rejuvelac and apples in a blender and process until smooth. Add the spinach or kale and sunflower greens and blend. Add the avocado and dulse and blend until smooth.

*\*This soup is easy to digest and is a nutrition-packed complete meal.*

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