

GreenSpirit



Sweet Potato Soup

4 cups carrot juice
1 cup cashews, soaked 2 hours and drained
1 large or 2 small sweet potatoes, peeled, chopped and soaked for 30 minutes, drained
1 stalk celery, chopped
1 teaspoon pumpkin pie spice
½ teaspoon sun dried sea salt
dash cayenne pepper

In a high-speed blender, blend all ingredients until smooth.

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