



Fresh Pea Soup

Serves 2-4

**2 cups shelled fresh peas or frozen peas
1/2 avocado without pit or peel
1/2 cup + chopped fresh mint or 1/2 cup+ chopped cilantro
1-2 cups water
1/4 cup chopped fresh parsley
1/4 tsp freshly ground pepper
1/4 tsp freshly ground sea salt
1/2 to 1 scoop USANA Plant Protein**

1tsp+ Braggs Liquid Aminos

1/2 tsp Herbamore is optional for more flavor.

**Put the peas, avocado, herbs and water in the blender.
Blend it until it is smooth.**

Now add the salt, pepper and USANA plant protein and blend it together.

**Next add the Braggs Liquid Aminos and blend for 10 seconds.
Taste it.**

If you want more flavor add the Herbimore and blend.

Serve it right away with fresh mint leaves as a garnish or fresh cilantro.

This is a great cold summer soup and very easy to make.