

Green Energy Soup



Ingredients: Serves 4.

200 g frozen spinach, app. 500 ml water, 1 green bell pepper, 1 bunch scallions, 1 avocado, 100 g peas, the juice from 1 lime, 1 zucchini, salt, pepper, agave nectar, fresh rosemary, 1 green pepperoni, 3 TblSps olive oil.

Preparation:

Prepare the spinach (follow the package instructions). Cut the vegetables in small pieces. Roast the bell pepper, the scallions and the zucchini for in the olive oil until tender. Add the avocado and the peas, roast for five more minutes. Save 3 TblSps of the vegetables on a separate plate. Add the spinach and the rosemary to the vegetables. Add app. 300 ml of water. Blend all ingredients with the hand-held blender. Add as much water as is needed for the consistency you like. Let it cook again for 2 more minutes. Season with salt, pepper, pepperoni, lime juice and agave nectar. Top with before separated vegetable bites.

Enjoy!