

## Fall/early Winter



Vata soups: warm, savory and spicy as a general guideline

### Basic Vata Green Soup

1 c fennel  
1/2 c yellow pepper  
1 avocado  
1/4 c fresh basil or dill chopped  
1 T lemon juice  
1/2 t agave  
1 veggie broth cube  
dash of cayenne  
salt and pepper to taste.

Blend with 4 c boiling water.  
Garnish with sunflower sprouts.

### Basic Vata Red Soup

3 c tomatoes  
1 stick celery  
5 brazil nuts  
1 T olive oil  
1 t lemon juice  
2 t italian spice blend  
1/2 t agave  
1 veggie broth cube

Blend with 4 c boiling water.  
Garnish with fresh basil.

### Fun Vata Soup

1/2 fennel bulb  
1 large carrot  
1 c jicama  
1 avocado  
1 veggie broth cube

Blend with 4 c boiling water.  
Garnish with sunflower sprouts.

## Summer



Pitta Soup: sweet and hearty with plenty of color and sprouts.

### Basic Pitta Green Soup

1/2 an avocado  
2. c lettuce greens  
sprigs of fresh dill or cilantro  
1 1/2 c zucchini  
1 veggie broth cube  
1/2 avocado

Blend with 4 c boiling water.  
Garnish with clover sprouts.

### Minty Asparagus Soup

1 c asparagus  
juice of 1 lime  
2 T unsweetened coconut flakes  
1 c cucumber  
2 T mint  
salt to taste  
1 veggie broth cube

Blend with 4 c boiling water. Stir in 1/2 an avocado, diced.  
Garnish with sunflower sprouts

### Curry Carrot Soup

1 c chopped carrots  
1 c fresh carrot juice  
1 c coconut water, or water  
4" leek  
1 1/2 t yellow curry powder  
1/2 c unsweetened coconut flakes  
2 dates, pitted  
2 stalks celery  
1 veggie broth cube

Blend with 4 c boiling water.  
Garnish with cilantro and sunflower sprouts.

## Late Winter -Spring



Kapha soups: spicy, pungent and light

### Basic Kapha Soup

1 c arugula  
1/4 c basil  
1 turnip  
1 cob cor n (sliced off)  
1 veggie broth cube  
1 T flax oil  
cayenne to taste

Blend with 4 c boiling water.  
Garnish with fenugreek sprouts.

### Spicy Ginger Soup

1 daikon, grated  
1 c celery  
1 big tomato  
1 T c lemon juice  
2 T fresh lemongrass  
2 T ginger, finely grated  
2 t thai curry paste  
1 T toasted sesame oil  
1 veggie broth cube

Blend with 4 c boiling water.  
Garnish with sunflower sprouts

### Light Seaweed Broth

2 sheets nori, cut into strips  
1 stalk celery, finely chopped  
2 T miso paste  
1 t thai curry paste  
1 T toasted sesame oil  
1 veggie broth cube

Blend miso with 2 c warm water.  
Dissolve broth cube and curry paste with 2 c hot water. Stir in remaining ingredients. Garnish with arugula.