

Asparagus Spring Chowder

Yes, it is possible to eat asparagus raw and this creamy soup will do the trick nicely.

3 cups of cashew or walnut milk (Blend 1 cup soaked nuts with 3 cups water. Strain if desired, but not necessary. Soup will be thicker if not strained)

2-3 cups of tender upper parts of asparagus spears, chopped

2 stalks of celery, chopped

1/2 of a ripe avocado

chopped chives or leeks

pinch of sea salt (opt.)

Blend nut milk, 1/2 of the asparagus, celery and avocado in blender until smooth. Put remaining asparagus in soup bowls and pour liquid over. Garnish with a sprinkling of chives or leeks.

Serves 2