

Spring for Asparagus Soup

Ingredients:

2 cups young coconut water
1 cup pistachios, soaked
1 cup chopped cucumber
2 cup chopped asparagus, use only the tender tops.
2 Tablespoons fresh lemon juice
1 tsp. Celtic sea salt (optional)
1 scallion, chopped

Blend all ingredients until smooth in the [Vita-Mix](#). Pour into two serving bowls and garnish with chopped parsley and dulse flakes to taste.

Serves 2