

## A, B, C Soup

Vegan Jim has repeatedly encountered recommendations to use recipes composed of apples, beets and carrots as a high nutrient food combination. This is Jim's own version.

### Ingredients

- 1 medium apple
- 2 small raw red beets
- 2 medium carrots
- 2 cups of water (Jim uses barley grass juice)
- 1 tsp garlic powder
- Sprouts of choice (optional)

### Procedure

1. Slice apple and remove seeds
2. Peel and quarter beets
3. Clean and cut carrots into 1-inch pieces
4. Add apple, beets and carrots along with water and garlic powder to high intensity blender.
5. Blend for 4-5 minutes on high setting or until lukewarm. Note: heating above 118 °F kills the active enzymes of raw vegetables and fruit.
6. Serve with chopped sprouts sprinkled on top of soup.



**Source:** Jim's Vegan Kitchen, © copyright 2017.