

Red Pepper Bisque

1 cup cashews
7 red bell peppers
3 Tablespoons of coriander
3 cloves of fresh garlic
1/2 teaspoon black pepper
1 teaspoon sea salt

Blend in highspeed blender until desired temperature is reached (less than a minute for raw, longer is hotter for soup).
Serve and top with oine nuts.

Options:

Spicy Salad dressin

Add 3-4 pepperoncini & 1 teaspoon of red pepper flakes. Dress salad with mix at room temperature or slightly chilled.

Dipping Sauce

Add to the salad dressing mix, 1/2 cup of cashews and chill to make it thicker for dipping.

We get our produce from: **freggies** 
ORGANIC PRODUCE DELIVERED

www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org