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Living Tree Energy Soup
from [Living Tree Community Foods](#)

The inspiration for this soup comes from several sources, including an excellent booklet, *Nature's Healing Grasses*. It was written some 30 years ago by H.E. Kirschner, a physician who healed people afflicted with serious illness by putting them on a simple regimen: They would prepare a "green drink" at least once a day. It consisted of several greens, including "weeds" like malva, purslane, and lambs-quarters, as well as cultivated greens like parsley, placed in a blender and blended with pineapple juice.

I call it an "energy soup" because in my experience, it is easily digested and has the effect of enhancing one's aliveness and well-being. We've been preparing "energy soup" at Living Tree Community for over a decade. We serve it at every meal. Here's our basic recipe:

3 carrots, sliced thinly or diced
2 beets, sliced thinly or diced
1 apple or cucumber (in season), diced
Chopped parsley, celery, kale, collards, arugula, endive, spinach, cabbage, cilantro, chard, and lettuce (your choice)
Avocado
Lemon juice

Put the mixture into a blender. Add spring water or freshly made carrot juice. If you want to supercharge the drink, add a handful of wheatgrass. Blend into a thick, smooth "soup." Serve immediately.

Variations: Grind some flax, sesame, sunflower, pumpkin, or chia seeds in a seed mill or coffee grinder and toss it in, or add a chopped apple.