

# Cashew Zucchini Basil Soup



**PREPTIME:**  
5 MINUTES

**SOAK TIME:**  
1 HOUR

**COOK TIME:**  
20 MINUTES

**TOTAL TIME:**  
1 HOUR 25 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

## Ingredients:

- 4 oz. Organic Cashews (about 68-70 cashews) – Preferably Raw
- 4 Med-Lg Zucchini – Ends Removed – Cut in Half and Chopped
- 1 Cup Organic Vegetable Broth
- ¾ TSP Himalayan Sea Salt
- 5 Medium Sized Basil Leaves (more for garnish)

## Instructions:

1. First place cashews in bowl and pour 1 cup water over them (add more water if not completely covered) – cover w/ saran or paper towel and let sit on counter. Let soak for at least 1 hour (can be more or even overnight).
2. Bring 2 cups water to a boil in med/lg pot. Once boiling, add the zucchini and let cook on medium for about 5 minutes. Drain and set aside.
3. **Recommended to do in 2 batches as follows.** In a blender (I used the larger Ninja blender), add ½ the soaked cashews, ½ the zucchini and ½ the basil to blender along with ½ cup of the vegetable broth.
4. Blend at least for one minute until all ingredients are combined and you have a creamy consistency. May need to scrape down sides of blender to get all the ingredients and blend again.
5. Add soup mixture back to original pot used for cooking zucchini. Turn on low heat. Repeat and do a 2<sup>nd</sup> batch.
6. Pour 2<sup>nd</sup> batch into pot. Add sea salt to pot and stir. Cover with lid.
7. Warm on medium low for 15 minutes. Watch and stir while warming.
8. Top with basil. Serve immediately.

**\*Try and use all organic ingredients if possible.**