



# **Raw Soup Cookbook: Quick and Healthy Delicious Raw Soup Recipes to Lose Weight and Live a Different Lifestyle**

*Anna Leary*

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Raw food - it is the absolute best way for healthy life and longevity. Raw food is becoming increasingly popular as a result of its undoubted benefits. Many people are happy to stick to this style of life, considering it only right. It is a mistake to think that a raw food is very poor, uninteresting, and tasteless food. In fact, raw fruits, vegetables, herbs, mushrooms, and herbs have a mouthwatering aroma and taste that cannot be compared with cooked.

All raw followers agree that this natural product can be varied and tasty. If your daily ration will be mainly of raw foods and processed foods will be consumed in small quantities, you can be sure disease will no longer disturb you.

If you give up all processed foods, your body rejuvenates, there will be energy and cheerfulness, significantly improved memory and mental abilities, you will be optimistic (if it was not before), and your life will be better. You choose. For those who cannot imagine how you can cook a soup without boiling and frying vegetables, I have prepared a recipes of popular raw soups.

Raw soups are not only useful, but they are also good because they are very easily and quickly prepared. Process all ingredients together in a blender until completely smooth and creamy. The tasty raw soup is ready! It can be eaten in unlimited quantities at any time.

To get you started, here are some delicious raw soup recipes to inspire you.  
I hope you enjoy it!

## Here Is A Preview Of What You'll Learn...

- Exotic Creamy Mango Soup with Avocado
- Carrot Avocado Cream soup
- Green Peas Soup with Almond Milk
- White Soup with Grape and Cucumber
- Pumpkin Cream Soup with Bell Pepper
- Almond Cold Soup with Fruits
- Raw Pumpkin Soup with Pomegranate Seeds
- Raw Asparagus Cream Soup
- Spinach Cream Soup with Coconut
- Mushroom Soup with Almonds
- Raw Pea Soup
- Raw Chowder Soup
- Beetroot Creamy Soup with Avocado
- Carrot soup

- Pineapple Carrot soup
- Melon Soup with Cucumber
- Raw Curry soup
- Raw Gazpacho

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