

Chilled Cucumber & Arugula Soup Recipe



Sometimes, you overindulge just a little (or, a LOT!). Maybe you celebrated with a big night out, or maybe you have a “cheat meal” every now and then. If so, stay tuned for my blog post on Thursday when I’ll share what you need to know about “cheat meals.”

Anytime you’ve over indulged, this recipe is the perfect detox. It’s raw, highly alkaline, and loaded with minerals, so it’s going to give you extra energy while also delivering a ton of detoxifying nutrients.

Plus, it’s ready in just a few minutes and seriously delicious! **In fact, this is my favorite recipe to make during the summer...Try it out, and I’m sure this will be one of your favs as well!**

If you like gazpacho, you’ll love this zesty flavor combo.

So give it a try and let me know what you think over on [Facebook](#).

CHILLED CUCUMBER & ARUGULA SOUP

Ingredients [Serves 4]

- 3 cups filtered water
- 4 cups chopped arugula
- 1 medium tomato
- 1 medium red bell pepper
- 2 medium cucumbers
- 2 celery stalks
- 1/4 cup lemon juice (freshly squeezed)
- 1/4 cup extra virgin olive oil
- 1 tsp. Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)



Directions: Blend at high speed to desired consistency. Eat right away or serve chilled.

Alkamind
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ULTIMATE ALKALINE/ACID FOOD GUIDE



For more on which foods to avoid and which to eat more of (like the ingredients in delicious raw veggie soups), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!

This is the **ULTIMATE** food guide – with over 550 foods, classified into 3 different guides...

1. Foods by ALKALINE (from high alkaline to low alkaline)
2. Foods by ACID (from high acid to low acid)
3. A-Z chart – look up ANY food in 10 seconds, and you will know if it is alkaline-forming, or acid-forming, or otherwise, GOOD or BAD!