

Tomato Basil Soup

12 Vine Ripe Tomatoes

1 Package Cherry Tomatoes

2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section)

1 Large Ripe Avocado

2 Yellow Onions (chopped)

4 Cloves Garlic (chopped)

5 Stems Fresh Basil

2 Tablespoons Pure Honey

1 Bay Leaf

1 teaspoon Oregano

1 teaspoon Sea Salt

1 Tablespoon Red Pepper Flakes

2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.