

SPRING CLEANING CREAMY ASPARAGUS SOUP

Makes two servings:

- 12 spears asparagus
- 2 TBS unpasteurized mellow white miso
- 2 avocados
- 1 -2 sprigs of rosemary (or parsley, or thyme all pair well with asparagus)
- sea salt to taste
- 1/4 teaspoon pepper
- 3 cups water (filtered or spring)

Puree all ingredients in a blender until very smooth. For color and crunch garnish with some cauliflower which is also in season. Need a little more “bite” add some diced onions, also in season.