

Apple Spice Breakfast Soup

Recipe adapted from The Tolerant Vegan
Serves 6

INGREDIENTS:

- 1 ½ quarts water
- 4 Pink Lady or other tart apples, cored and diced
- ⅔ cup raisins
- 1 teaspoon nutmeg
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon ground cloves
- ½ teaspoon ground allspice
- Pinch of salt
- 2 tablespoons agave nectar
- 4 slices of stale gluten and dairy free bread
- 2 tablespoons fresh squeezed lemon juice
- ½ cup vanilla coconut milk yogurt

PREPARATION:

Combine water, apples, raisins, nutmeg, cinnamon, cloves, allspice, salt, and agave nectar in a large pot. Bring the ingredients to a boil and then reduce heat to a simmer. Stir in the bread. Cover the pot and let the soup simmer for an hour, stirring occasionally. Remove the soup from the heat. Stir in the lemon juice and yogurt. Serve immediately, or chill and serve cold.

NOTES FROM THE COOK:

Breakfast