

*Cucumbers are abundant in August gardens,
contain a generous amount of water,
and are cooling to the body when ingested.*

Dulse & Arame are sea vegetables and are available at most health food stores

Creamy Cucumber Soup

Ingredients

- 1 cup water
- 1 cucumber, peeled if not organic, and chopped
- 1 stalk celery, chopped
- 1 cup spinach or other greens
- ½ bunch cilantro
- 1 Tbsp lime juice
- 1 avocado, peeled and chopped
- ¼ tsp salt; Celtic or Himalayan
- 2 Tbsp olive oil

Toppings: 2 Tbsp unsweetened coconut flakes

- 1 Tbsp minced cilantro
- 1 Tbsp minced dulse*

Process

Blend water & cucumber until smooth. Add remaining ingredients and finish blending. Serve with toppings.

Source: [The Raw Food Challenge](#) by Kevin Gianni

Seaweed & Cucumber Salad with iodine-rich Arame

Ingredients:

- 1 cucumber, peeled (if not organic) and sliced thinly
- 1 small bunch Arame; the amount via experimentation with your own desires. Break-up with fingers.
*volume increases by ~3x after soaking
- 1 tsp Celtic sea salt
- ½ red pepper, diced
- ¼ red onion, finely chopped
- ¾ Tbsp apple cider vinegar
- 1 Tbsp oil; olive or flax
- Black pepper, ground

Process

Soak Arame in hot water for 10 minutes; strain and rinse (I save the water and give it to my plants!)
Place the sliced cucumber in a mixing bowl, sprinkle with salt and toss with your hand; let sit ~10 minutes.
Add Arame, red peppers and onion to the bowl.

Pour in apple cider vinegar (to taste), oil and garnish with black pepper.

Enjoy!

Source: www.renegadehealth.com (video demo).... original source: www.bodyecology.com