

Mint and Green Pea Soup Shooter

6	tblsp.	milled flaxseed	100	mL
2	tblsp.	canola oil	25	mL
4		large green onions	4	
1		large onion, chopped	1	
4		stalks celery, chopped	4	
5	cups	water	1.25	L
½	cup	chopped fresh mint	125	mL
1	tsp.	sea salt	5	mL
½	tsp.	crushed chilies	2	mL
½	tsp.	ground white pepper	2	mL
32	oz.	package frozen spring peas	1	kg
1	cup	buttermilk	250	mL
¼	cup	Tequila (optional)	50	mL

- Place milled flaxseed in a non-greased heavy skillet. Cook and stir 2 to 3 minutes on medium heat.
- Add oil, white part of green onions, onion and celery. Sauté until soft.
- Add water, mint, seasonings and peas. Bring to a boil. Reduce heat and simmer 20 minutes.
- Remove from heat and use hand blender to process until smooth.
- Stir in buttermilk. Add tequila if desired.
- Taste and adjust seasonings.
- Reheat to very warm before serving. Do not boil.
- Garnish with green onion spears and mint leaf.

Yield: 8 servings or 20 shooters

Serving Size: 1 bowl or 1 shooter

Single Serving Nutrient Values

Calories	75.13	
Protein	3.78	g
Carbohydrates	9.56	g
Fiber	3.27	g
Fat	2.64	g
Saturated	0.27	g
Cholesterol	0.52	mg
Sodium	196.17	mg