


## SOAR 'RAISE UP A STANDARD' BLENDED FIGHTER SOUP

1.5 C. Organic Bone broth 

2 fresh cloves garlic

½ avocado 

¼ tsp Celtic sea salt 

½ tsp organic turmeric or ½ scoop of SOAR Organic fermented turmeric blend

⅛ tsp organic black pepper

Heat up the liquid to desired heat

Add everything to blender

Blend well

Drink and enjoy while you fight whatever ails ya'!

\*Black pepper contains a special component to help absorb the nutrients especially in turmeric to maximize its healing benefits.

\*SOAR Organic fermented Turmeric Blend will be coming available soon on [SOARNaturals.com](http://SOARNaturals.com)