



Recipes

Soup

Cool Cucumber and Avocado Soup

Prep Time: 10 minutes

Cooking Time: none

Yield: 4 servings

Ingredients:

- 1 cucumber, peeled and chopped
- 1 avocado
- 2 green onions
- Juice of 1 lime
- 1 cup plain or soy yogurt
- 1 cup water
- Salt and pepper to taste

Directions:

1. Roughly chop the cucumber, avocado and green onions and toss in the blender.
2. Add other ingredients and process until smooth.
3. If soup is too thick add water as needed.

Note:

- Garnish with chopped fresh cilantro and a dash of cayenne pepper.