

Chilled Cucumber Avocado Soup



YIELDS
2 Servings



PREP TIME
10 mins



COOK TIME
0 min



TOTAL TIME
10 mins

Refreshing, nourishing and perfect for warm summer evenings, this cooling soup does not disappoint. If your cucumbers are unwaxed, use the skin to maximize the nutrition. Otherwise, go ahead and peel them; either option is great. The lime keeps the avocado from turning brown, but it's best to enjoy this within 3–5 days while it's fresh.



Ingredients

- 1 large cucumber sliced
- 1 large avocado
- 1/2 cup water
- 1 clove garlic
- 1 medium lime juiced
- 1 tsp apple cider vinegar
- 1 tsp cumin
- 1/4 tsp salt (optional)
- 1/4 cup cilantro (optional)
- 1 Tbsp jalapeño finely chopped (optional)

Directions

1. Add the cucumber, avocado, water, garlic, lime, apple cider vinegar, cumin and salt, cilantro, and jalapeno (if using) to your blender or food processor.
2. Blend until creamy.
3. Chill in the refrigerator for 1–2 hours.

Chef's Notes

Layer it up

Add sliced tomatoes, chopped red peppers, chopped red onions, more cilantro or basil on top.

Add a dash of cayenne pepper if you like spice.

Pour on top of kale or spinach and use as a dressing instead of a cold soup.

Top with hemp or chia seeds.

Add your favorite leafy green, like kale or spinach, to make it even more nutritious.