

Chilled Cucumber Dill Soup

In this soup, I combine crispy cucumber with avocado, some lemon juice, scallions, and a little Celtic sea salt to create a creamy, cool soup. I love that it can be whipped up in a blender in a matter of minutes. If you can get organic cucumbers leave this skins on for more nutrition. If your cucumbers are waxed, peel them. Either way it is delicious

4 small servings

2 large cucumbers, (peeled if not organic) and cut into rough slices

1 large Haas avocado, halved, pitted, and flesh scooped out

1 scallion, green and white parts included, chopped

3 Tb fresh lemon juice

2 Tb fresh dill

½ tsp Celtic sea salt (or to taste)

fresh pepper to taste

¼ - ½ cup water

Chopped dill for garnish

- Blend all soup ingredients together in a blender till smooth, adding enough water to achieve a perfectly creamy texture.
- Refrigerate for ½ -1 hour. Taste to adjust seasonings.
- Serve garnished with chopped dill

A few more things:

- ✓ For a different flavor, substitute cilantro and use lime juice instead of lemon.