

# Chilled Avocado Soup



<20 min



4 servings



## Ingredients

2 ripe avocados  
2½ cups vegetable or chicken broth  
½ cup celery (chopped)  
1 small cucumber (peeled, chopped)  
1½ Tbsp lemon or lime juice  
1 tsp cumin  
1 tsp salt  
½ tsp pepper

## Preparation

Put all the ingredients into a food processor or high-speed blender. Mix until smooth.

Serve cold and garnish with mango chunks or sunflower seeds.



This is a wonderful and refreshing soup that will satisfy any taste-buds. You can make it in a pinch and it's full of monounsaturated fats, vitamins, and zest.

- Fiber (avocado)
- Vitamins & Minerals... B, K, C, potassium (avocado, celery, cucumber)
- Healthy Fats (oleic acid) (avocado)
- Antioxidants & Immune Boost (avocado, lemon/lime, cumin)