

EASY HEALTHY CREAMY DILL-AVOCADO-CUCUMBER SOUP

A combination of avocado and yogurt gives this cold soup just the right amount of creaminess.

Ingredients

3 cups chopped seeded peeled cucumber
1 ripe avocado, peeled and pitted
1 cup plain yogurt
¼ cup chopped fresh dill
2 tbsp lemon juice
½ tsp salt
¼ tsp ground pepper, plus more for garnish
1-2 cloves garlic, crushed
4 tsp extra-virgin olive oil or grape oil
½ cup water or buttermilk (optional)
radishes for garnish



Method

1. Combine cucumber, avocado, yogurt, dill, lemon juice, garlic, buttermilk or water, salt and pepper in a blender.
2. Blend until smooth.
3. Refrigerate the soup until chilled, if desired.
4. Serve the soup drizzled with oil and garnished with more pepper and radishes
5. We can even serve delicious buns, croissants or bread with the soup.