



Cool Cucumber and Avocado Soup

A refreshing, cold soup perfect for the summer heat.

Serves 4 | Serving Size: 1 cup

Ingredients

- 2 cucumbers, peeled and chopped
- 1 avocado, pitted and peeled
- ½ cup of Greek yogurt
- 2 Tablespoons of fresh tarragon leaves
- 1 teaspoon of lemon zest
- 3 Tablespoons of lemon juice
- 1 ½ cup of water
- Salt and pepper to taste
- * Toast and butter (as a side) go great with this dish!

Instructions

1. Blend cucumbers, avocado, Greek yogurt, tarragon leaves, lemon zest, lemon juice and 1 ½ cups of water until smooth.
2. Add salt and pepper to taste.
3. Chill soup if necessary.
4. Have toast with butter (and maybe even turkey/ham) as a side!



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