

Creamy Cucumber Avocado Soup

Prep Total
5 min 5 min

Serving: 2

No cook recipe! Cucumbers are high water, low sugar fruits that contain a nice amount of soluble fiber, anti-oxidants, vitamin K and molybdenum (aids in breaking down sulfites). The seeds and skins are the most nutritious parts so keep them if you can.

Avocados are high in fiber and rich in monounsaturated fatty acids.

This recipe gives you 4 veggie servings/bowl and 1/4 of your daily potassium + many other vitamins and minerals.

Ingredients

5 large celery stalks *chopped*

1 large cucumber

1 avocado *halved and peeled*

3 tablespoons fresh lemon juice

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon fresh black pepper

$\frac{1}{2}$ cup water *divided*

Directions

In a high-speed blender puree the celery through black pepper and 1/4 cup of water.

Add 1/4 cup water to thin, or more if needed.

Nutritional Information

Amount Per Serving (2 Servings)

Calories: 214 Protein: 4 g Sugar: 6 g Carbohydrate: 29 g Fat: 15 g Cholesterol: 0 Sodium: 286 mg Fiber: 10 g