

Vegan Raw Oil-Free Chilled Avocado-Cucumber Soup



Source: Better Vegan Category: Vegan Soups & Stews
Prep Time: 10 min Cook Time: 1 Chill Time: 30 min Total Time: 41 min Serves 4

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Ingredients:

1 English cucumber, peeled, seeded and diced (1/4 cup reserved for garnish)
1 small avocado or 1/2 of a big one or 1/4 of a huge one, pitted, peeled and diced (1/4 cup reserved for garnish)
1/2 tsp freshly grated lemon zest
1/4 cup coarsely chopped fresh cilantro, plus sprigs for garnish
1 scallion, white and pale-green parts only, coarsely chopped (about 2 Tbsp.)
1 jalapeno, seeded and coarsely chopped (optional)
1 cup cold filtered water (you may need more if the soup is too thick)
1 tsp pink Himalayan salt
1/4 tsp freshly ground black pepper
1 Tbsp. fresh lemon juice

Recipe Link:

<https://www.betterveganrecipes.com/avocado-cucumber-soup>

Instructions:

Put all ingredients (except the ones reserved for garnish) in a blender and blend until smooth. If the soup is too thick, add a little bit more water until the desired consistency is achieved. Refrigerate for at least 30 minutes. Serve in a small bowls garnished with cucumber, avocado and cilantro.

Notes:

For best result give the soup enough time to chill. 30 minutes is minimum, longer is better. Store in air-tight container in a fridge. The surface may oxidize the next day, turning to brown color. Carefully remove the brown layer with a spoon and mix well.

Equipment needed:

Blender