

Avocado Zucchini Soup

This is a refreshingly cool summer soup with crisp zucchini and creamy avocado.

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-569-avocado-zucchini-soup.html>

Ingredients

- 1 cup vegetable broth
- 3 cups chopped zucchini (about 2-3 medium zucchini)
- ½ cup thinly sliced green onion, divided
- 1 medium Hass Avocado
- ⅛ tsp. ground cumin, optional
- ¾ cup unsweetened plain almond milk

Cucumber Salsa

- 1 cup peeled, seeded, diced cucumber (about 1 medium cucumber)
- 1½ Tbsp. chopped fresh cilantro
- 2 Tbsp. fresh lime juice, divided
- Salt to taste

Directions:

In large saucepan over high heat, combine broth, zucchini and 1/4 cup onion. Cover and bring to a boil. Uncover, reduce heat and let simmer 6 minutes or until zucchini is tender. Remove from heat and set aside to cool for 20 minutes.

In small bowl combine cucumber, remaining onion, cilantro and 1 tablespoon lime juice. Season with salt to taste. Toss well, cover and refrigerate.

In blender, combine zucchini mix, avocado, cumin, if using, remaining 1 tablespoon lime juice and almond milk. Cover and purée until smooth. Leaving soup in blender container, refrigerate it for 2 hours.

When ready to serve, re-blend soup. Add additional almond milk for thinner consistency, if desired.

Pour into serving bowls. Top with salsa and serve.

Makes 4 (1 cup) servings.

Nutritional Information per serving

Calories: 108	Dietary Fiber: 5g
Total Fat: 7.5g	Sodium: 285mg
Saturated Fat: 1g	Protein: 3 g
Cholesterol:	Carbohydrates: 10g