

Cool Summer Soups

White Gazpacho

2 Servings

Ingredients

- 2 cloves garlic
- 3 scallions, roughly chopped
- ½ cup raw almonds
- 1 cup bread, cubed and soaked in ½ cup water
- 1 cup cucumber, peeled and roughly chopped
- 2 cups green grapes
- 2 Tbsp olive oil
- Salt and pepper, to taste
- Additional grapes, halved (for garnish)
- Additional scallion, thinly sliced (for garnish)

1. Place all ingredients in blender and process well, mixing and scraping down the sides of blender as needed.
2. If mixture is too thick, add water gradually until desired consistency is reached.
3. Adjust seasoning.
4. Garnish each portion with grape halves and scallions.

Watermelon Mint Soup

2 Servings

Ingredients

- 4 cups watermelon, roughly chopped
- 1 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- Salt, to taste
- ¼ cup fresh mint leaves
- Additional mint leaves, chopped (for garnish)

1. Place watermelon, vinegar, and oil in blender and process until smooth, scraping down the sides of blender.
2. Add salt to taste.
3. Add mint leaves and pulse briefly so small pieces of mint are visible throughout soup.
4. Garnish each portion with chopped mint.





Spinach Avocado Herb Soup

2 Servings

Ingredients

- 1 clove garlic
- 1 avocado, skin and pit removed
- ½ cup fresh parsley
- ¼ cup fresh tarragon
- 2 ½ cups baby spinach leaves
- 2 Tbsp lemon juice
- 1 ½ cups water
- Salt and pepper, to taste
- Additional parsley, chopped (for garnish)
- Additional tarragon, chopped (for garnish)

1. Place all ingredients in blender and process until smooth, scraping down the sides of blender.
2. Adjust seasoning.
3. Garnish with chopped parsley and tarragon.

