

Chilled Avocado & Cucumber Soup

★★★★★ 4.8 from 5 reviews

The cool sensation of cucumber combined with the creaminess of avocado makes for a wonderfully refreshing cold soup. It's light, refreshing and 100% raw!



Author: Julie | The Simple Veganista

Prep Time: 5 min **Total Time:** 5 minutes

Yield: Serves 2

Category: Soup

Method: Puree

Cuisine: Raw Vegan

ingredients

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- 1/2 cup **water**
- 1 medium **avocado**
- 1 large **cucumber** (regular or english), with or without the skin
- 1 teaspoon **cumin** or 1/2 teaspoon **dill***
- 1 clove **garlic**
- 1/2 squeezed **lemon**
- dash of **mineral salt**

instructions

Cucumber: Slice the cucumber in half lengthwise, cut the halves in half lengthwise, and chop the cucumber slices into 1/2 inch pieces.

Avocado: Slice the avocado in half lengthwise, remove the seed and using a large spoon scoop the avocado flesh from the skin.

Blend: Add the cucumber, avocado, garlic, cumin or dill, lemon, and salt to the cup of your blender or food processor. Blend until creamy.

Enjoy chilled or at room temperature.

Serve garnished with diced tomatoes, red onions and cilantro if you like. You could even top with julienned carrots, diced colorful bell peppers, etc. Most veggies will make a nice garnish and taste well with this dish while also adding some texture.

This is 2 small servings or one large serving.

notes

***Use dill or cumin.** I like to change up the herb or spice when making this easy pureed soup. Cumin is a warm and heavy spice and is delicious in this soup. When I want to keep it super light, I opt of light and refreshing dill.

Find it online: <https://simple-veganista.com/avocado-cucumber-soup/>

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