



*Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit*

## **Rich Avocado Soup**

### **Ingredients**

4 Cucumbers, Peeled,  
Seeded, and Chopped

3 Ripe Hass Avocados,  
Peeled

½ Cup Fresh Cilantro,  
Chopped

¼ Cup Fresh Lemon Juice

½ Teaspoon Smoked Paprika

½ Cup Filtered Water

¼ Teaspoon Salt

½ Red Bell Pepper, Cut into  
Strips for Garnish

Place the cucumbers, avocados, cilantro, lemon juice, paprika, water, and salt into a high-speed blender and process until you reach a smooth consistency. Season to taste. Place in the refrigerator for at least one hour before serving. Ladle the soup into bowls and garnish each with a strip of bell pepper.

Makes 6 servings, ~ 12 ounces each



Food Energy Plant

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