

Creamy Cucumber Dill Soup

Served Cold

Ingredients

- 3 cups cucumber (peeled, seeded, and chopped)
- 1 ripe avocado (peeled and pitted)
- 1 cup low-fat plain yogurt
- ¼ cup fresh dill (chopped)
- 2 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. ground pepper (plus more to taste at serving)
- 4 tsp. extra virgin olive oil
- Radishes (julienned; for garnish)

Directions

- Combine cucumber, avocado, yogurt, dill, lemon juice, salt and pepper in a blender.
- Blend on high until smooth.
- Refrigerate the soup until chilled, if desired.
- Serve the soup drizzled with oil and garnish with more pepper and radishes, if desired.
- Enjoy!

Adapted from EatingWell

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