

Chilled Cucumber & Avocado with Almond Milk Soup

Ingredients:

- | | |
|-------------------------------|-----------------------------------|
| 1 chilled cucumber | ½ cup almond milk |
| 3 avocados | 1 L vegetable stock |
| ¼ cup mint leaves,
chopped | Salt and black pepper
to taste |
| 2 spring onions, chopped | |



Method:

1. Cut the cucumber into 3 equal pieces, and then coarsely chop 2 of the cucumber pieces.
2. Coarsely chop 2 of the avocados.
3. Blend together the chopped cucumber, avocado, the mint leaves, spring onions, almond milk and vegetable stock until smooth.
4. Taste and season with salt and pepper as needed.
5. Chill the soup uncovered for 15 minutes.
6. Cut the remaining cucumber and avocado into small pieces and stir them in.