

Cool Cucumber Gazpacho

Prep Time: 15 minutes

Cook Time: 0 minutes

Total Time: 15 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

3 cups chopped English/hot house cucumbers (about 2)
 ½ cup low sodium vegetable broth
 1 cup full fat canned coconut milk
 ¼ cup chopped white onion
 2 tablespoons fresh lime juice
 1 clove garlic
 ½ teaspoon salt
 ¼ teaspoon ground black pepper
 Dash of cumin
 Dash of red pepper
 1 cup grape or cherry tomatoes, quartered

Directions:

1. Set aside ½ cup chopped cucumbers for garnish.
2. Place 2 ½ cups cucumbers and all remaining ingredients (except tomatoes) in a blender and blend until smooth. If too thick add water ¼ cup at a time until desired consistency is reached.
3. Ladle soup into bowls and garnish with reserved chopped cucumber and tomatoes.

Tips and Tricks:

This can be eaten right away, but if you have time, I prefer this soup chilled just a bit –about 15 minutes in the fridge is all it needs.

Nutritional Information Per Serving:

Calories: 131
Fat: 10.5 g
Cholesterol: 0.0 mg
Sodium: 430 mg
Total Carbohydrate: 8.4 g
Dietary Fiber: 1 g
Sugars: 0.4 g
Protein: 1.5 g