



Cold Cucumber & Spinach Soup

¼ cup lemon juice

1 or 2 cloves of garlic

2 cups packed spinach

6 cups cucumber

1 small avocado, pit removed

salt to taste

radish, sliced then cut into match sticks for garnish

2 to 3 tablespoons chopped fresh dill

fresh parsley

In a blender, combine lemon juice and spinach. Pulse to combine. Add cucumber and puree until smooth. Scoop avocado into blender and continue to puree until mixture is very smooth. Season with salt to taste. Chill.

Serve with dill, radish and parsley as garnish.

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