

Cucumber Avocado Yogurt Soup

Serves 10

Ingredients:

Cucumbers	4 large
Avocados	2 medium ripe
Plain Yogurt	2 cups
Buttermilk	2 cups
Lemon – Juice and Essence	1 large
Dill	4 tbsp fresh
Sour cream	1 cup – divided use
Salt	2 tsp
Cayenne pepper	½ tsp

Directions:

Wash cucumbers well to remove wax from skins.

Cut two paper-thin slivers of cucumber for each serving to use as garnish.

Peel, seed and medium dice remaining cucumber.

Set aside ½ cup of diced cucumber for later addition to soup.

Remove skin and pit from avocados.

Place avocado and all but the set aside ½ cup of diced cucumber into food processor bowl or blender. (If using blender, process soup in two separate batches).

Add buttermilk and puree.

With blender or food processor running, add yogurt, lemon juice, lemon essence, salt, pepper, dill and ¾ of the sour cream.

Blend until all ingredients are thoroughly combined.

Fold remaining diced cucumber into soup mixture.

Chill until ready to serve.

To serve, ladle into a bowl and float cucumber slivers on top of soup.

Top with a dollop of sour cream and a dash of fresh or dried dill.