

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Cucumber Avocado Dill Soup



Cucumber peeled

1/2 avocado

Lemon juice

Coconut water

Salt

Olive oil

Blend until smooth; if not thick enough, add more avocado.

Taste and adjust; once it tastes really good then add a big handful of fresh dill and blend.

Serve chilled

Another variation is to add mint instead of dill and fresh juiced apple juice...Then you have a lemon mint green energy soup!

Recipe taken from thesunnyrawkitchen.blogspot.com