



## Raw Avocado Soup

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

183 calories, 14.93 g carbohydrate, 8.48 g fiber, 6.45 g NET carbs, 2.66 g protein, 14.91 g fat

#### Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 1/2 medium(s) organic cucumber, diced
- 1/2 medium(s) organic onion, chopped
- 3 cup(s) spring or filtered water
- 1 whole organic lemon, zest and juice
- 2 medium(s) organic avocados, mashed
- 1/2 tsp(s) cayenne pepper

#### Preparation

1. Combine avocados, cucumbers, onion, lemon juice, lemon zest and coconut aminos in a blender or food processor.
2. Puree.
3. Add water, one cup at a time, until creamy.
4. Season with salt and pepper.
5. Spoon into bowls, sprinkle with cayenne.
6. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.