



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.

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