Chilled Avocado & Cucumber Soup

A cool, no-cook soup for hot days — ready in the time it takes to blend it.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**4**	**EASY**

Ingredients

- 1 small avocado
- 1 small cucumber
- 1 tbsp olive oil
- 10 ml lime juice
- 1 tsp sea salt
- 1 tbsp onion (chopped)

Method

1. Blend all the ingredients together with a stick blender or in a blender until smooth.
2. Chill briefly if you have time, or serve straightaway.

Tips & swaps

- Add a splash of cold water if you'd like it thinner.

Storage & reheating

Best eaten fresh; avocado discolours within a few hours.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
130	**2g**	**6g**	**11g**	**4g**

Estimated values, for guidance only.