

Creamy Cucumber Avocado Soup

The avocado gives this soup the perfect creamy consistency. This can be made the night before, so it is ready to "grab and go" in the morning. It is very satiating and satisfying.

Servings: 1

Ingredients:

1/2 c chicken stock or broth

2 T ghee or butter, melted

1/2 cucumber peeled and diced

1/2 ripe avocado

2 pastured eggs

Juice of 1/2 lime or lemon (I prefer lime)

Sea salt or other mineral salt to taste

Pinch of red pepper flakes (opt.)

Directions: *1. Heat the broth and ghee just enough to melt the ghee.*

2. Place all other ingredients in the blender; add the broth and melted ghee.

3. Turn blender on slowly so the mixture doesn't "jump."

4. Blend until smooth.

5. Pour into a very large mug or a glass jar with a lid for travel. Chill 30 minutes or more. It picks up more flavor when chilled.

6. Enjoy! BUT remember to chew this soup even though it's creamy. Carbohydrates especially need to mix with our saliva to breakdown. Once swallowed it's too late.