



Cold Cucumber Yogurt Soup

Ingredients

For the ice cubes:

3 tblsp. of mint leaves cut up

1 tblsp. lemon juice

1/8 tsp salt

For the soup:

3 medium cucumbers, peeled, seeded and diced (about 3 ½ cups or 1 lb)

1 ¼ cup plain Greek style strained yogurt

¼ cup lemon juice

2 tblsp chives, roughly chopped

2 tblsp olive oil

¼ tsp salt

Instructions:

Make the ice cubes: Divide the mint, lemon and salt among 4 cubes of an ice cube tray. Fill with cold water and freeze.

Make the soup: In a blender or processor, combine all the soup ingredients and blend until smooth. Adjust seasonings, if necessary. Pour into 4 bowls and top with an ice cube.

3 medium cucumbers, peeled, seeded and diced (about 3 ½ cups

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Make the ice cubes: Divide the mint, lemon juice among 4 of an ice tray. coffee water mix freeze.