

Avocado Gazpacho

A refreshing avocado and cucumber chilled soup with a drizzle of olive oil and juicy tomatoes!

For the gazpacho:

1. 1/2 small ripe avocado
2. 1/2 cucumber - peeled
3. ½ small white onion - chopped fine
4. ¼ cup fresh mint
5. 1 green chilli
6. 1 small garlic clove
7. 1 tbsp lemon juice
8. 3 tbsp Epigamia natural Greek yogurt
9. 1 cup water (or as needed)
10. Salt - to taste

For the topping:

1. 5-6 cherry tomatoes
2. Fresh mint
3. 1 tbsp extra- virgin olive oil
4. ½ tsp black chia seeds (optional)

Instructions

For the gazpacho:

- In a small blender, mince the garlic, chilli, onion and mint.
- To the same mix, add the other ingredients for the gazpacho and process until smooth and creamy.
- Chill in the refrigerator for at least an hour.

FO the topping:

- Meanwhile, cut the cherry tomatoes in to two equal halves.

For the assembly:

- Pour the chilled soup in a wide bowl. Drizzle with olive oil, sprinkle with black chia and top with cherry tomato halves.

Remember to share it with someone you love.