

Avocado Lime Soup

Serves 4

Ingredients:

2 avocados
1 medium cucumber
1 stalk celery
Juice of 1 lime-more if you prefer
1/3 cup of cilantro
½ teaspoon sea salt
1 teaspoon tamari
1-2 cups organic chicken broth or veggie broth
Dairy free sour cream (see recipe below)
Chives, chopped for garnish

Directions:

1. Blend all ingredients, except the sour cream and chopped chives in a high-speed blender until smooth.
2. Transfer to a serving bowl and garnish with sour cream and chopped chives.

Dairy Free Sour Cream

Ingredients:

¾ cup raw cashews
1 Tablespoon lemon juice
2 teaspoons apple cider or sherry vinegar
½ cup organic chicken broth

Directions:

1. Blend all ingredients in a high-speed blender. Add a little extra water 1 Tablespoon at a time if you're having trouble getting the cashews smooth.
2. Transfer to a bowl or squeeze bottle and keep refrigerated. The cream will firm up a little in the refrigerator which makes an excellent dip for crudité.