

Creamy Garden Soup

Yield: approximately 2 cups

Ingredients:

1 cup water
2 cups kale, de-stemmed, chopped and packed
1 medium zucchini
½ apple, chopped
¼ cup cilantro
1 tablespoon miso
½ tablespoon lemon juice
1 clove garlic
½ green onion, chopped
Dash of cayenne

1 medium avocado

Optional:

¼ cup orange juice for a little sweeter soup
¼ jalapeno for a hotter soup

Directions:

In a high speed blender, blend all ingredients, except avocado until smooth. Add avocado and continue to blend to desired texture.

Notes:

Be careful not to blend too much or the soup becomes foamy with extra air whipped into it and you'll have Creamy Green Mousse.

There are many options and/or additions to try with this basic soup recipe. You might enjoy some chopped veggies on the side to add for texture and color, or make additions from your refrigerator as your leftovers are available.

Other options or additions can include other greens (e.g. chard, spinach or lettuces) or veggies (e.g. cucumber, tomato, bell peppers, celery, corn etc.)