



CHILLED AVOCADO AND CUCUMBER SOUP WITH FETA

A tasty and refreshing favourite!



PREP TIME
20 minutes



CHILL TIME
1 hour



SERVES
12

DIRECTIONS

1. In a food processor or blender, combine cucumbers, avocados, garlic, broth, yogurt and cream. Process until smooth and creamy. Stir in dill and season to taste with salt and pepper.
2. Cover and refrigerate for at least 1 hour or up to 4 hours.
3. Ladle into bowls and garnish with feta, cucumbers and dill sprig to serve.

Change up the cheese and sprinkle on some crumbled goat cheese for some added tang.

TIP: To change up the flavour a bit, try adding some fresh chopped mint to the soup with the dill.

INGREDIENTS

- 9 cups (2.25 L) peeled, seeded and diced cucumbers
- 3 ripe avocados, pitted and chopped
- 3 cloves garlic, minced
- 3 cups (750 mL) vegetable broth
- 2 ¼ cups (560 mL) Oikos 0% plain Greek yogurt
- ¾ cup (175 mL) 18% table cream
- 2 bunches fresh dill leaves, chopped
- Salt and pepper to taste

Garnish

- Crumbled feta cheese
- Thinly sliced cucumber
- Fresh dill sprigs

Per serving

(1/12th recipe/about 280 g)

| | |
|---------|---------------|
| 180 | calories |
| 12 g | fat |
| 4 g | saturated fat |
| 0 g | trans fat |
| 10 g | carbohydrates |
| 4 g | fibre |
| 4 g | sugars |
| 8 g | protein |
| 20 mg | cholesterol |
| 370 mg | sodium |
| 500 mg | potassium |
| 125 mg | calcium |
| 0.75 mg | iron |



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