

Soups

BASIC AVOCADO SOUP

Served hot or cold



2 Avocados
2 Cups chicken or strong vegetable stock
Juice of a ½ lemon
¼ Cup cream
Salt and freshly ground pepper

Puree avocado with stock and lemon juice in blender. Heat gently until hot. DO NOT BOIL. Season and add cream before serving.

Note

If serving cold, there is no need to cook the soup, just puree as above and add seasoning and cream.

This soup can be served with croutons or a crusty breadstick and sprinkled with chopped watercress.
