

## Garden Green Gazpacho (3G Soup)

Serving: 3-4 persons

Preparation time: 10 minutes

### Ingredients

01no	Avocado
03no	Cucumber
75gm	Garden green leaves
25gm	Garden herbs (Basil, Mint & Fennel leaves)
To taste	Lime juice
To taste	Sea salt
10ml	Extra virgin olive oil
01cup	Ice cubes

### Method

- ✦ Cut the avocado and cucumber (with skin) into cubes
- ✦ Mix avocado and cucumber with garden greens and herbs and marinate with extra virgin olive oil and salt. Keep for an hour
- ✦ Blend all together with a cup of ice cubes
- ✦ Finish off with a dash of lime juice for citrus flavour
- ✦ Served chilled