

Lunch | Dinner

Creamy Cucumber Gazpacho

Side Effect: Altered Taste

15 Mins
Prep Time

0 Mins
Cook Time

5
Servings

 **262 Calories** **18g Fat** **14g Carbs** **15g Protein**

Ingredients

 **5 Servings • 1 Cup Serving Size**  **15 Mins + 1 Hour Chilling Time Total Time**  **Allergens: None**

¼ Cup + 2 Tbsp Lime Juice, wash limes before juicing

½ Cup Full-Fat Canned Coconut Milk, stirred

¼ Cup Extra Virgin Olive Oil

1 Medium Avocado, pitted and peeled

2 Medium English Cucumbers, unpeeled, washed and cut into chunks

½ Medium Red Onion, peeled and chopped 

½ Medium Jalapeño Pepper, washed, stemmed and seeded

1 Garlic Clove, peeled 

½ Cup Fresh Cilantro, washed 

¼ Cup Fresh Flat Leaf Parsley Leaves, washed 

1 ½ Tsp Kosher Salt

½ Tsp Pepper

½ Tsp Sugar

Basil Leaves, washed (optional)

¼ Cup Sour Cream, pasteurized (optional)



Nourishment Note



Cold Foods

Cold foods may be better tolerated when foods don't taste as they normally do.



Herbs

Flavoring foods with herbs, like cilantro and parsley, may help if foods have little or no taste.



Onion & Garlic

Onion and garlic may be beneficial if foods have a bitter or metallic taste.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

To a blender, add the lime juice, coconut milk and oil. Add avocado, cucumbers, onion, jalapeño, garlic, cilantro, and parsley. Blend until smooth.

3. Blend In Seasonings

Add salt, pepper, and sugar and blend until very smooth. Taste and adjust seasoning accordingly. Place in the refrigerator to chill for at least 1 hour.

4. Serve & Enjoy

To serve, pour gazpacho into bowls and garnish with basil leaves and sour cream. Enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from www.TheGourmetRD.com

What You'll Need



Cutting Board



Knife



Can Opener



Measuring Spoons



Measuring Cups



Blender

Fatigue Buster

- Purchase pre-squeezed lime juice.
- Store gazpacho in an airtight container in the refrigerator for up to 3 days. Enjoy for another meal. It is not recommended to freeze this soup.