

[Spicy Cucumber-Avocado Soup](#)

Gourmet | July 2000

Active Time: 10 min

Total Time: 10 min

ingredients

1/2 firm-ripe California avocado
1 3/4 English cucumbers (1 1/2 pounds), cut into 1/2-inch pieces
1 (8-ounce) container plain low-fat yogurt (1 cup)
3 tablespoons chopped fresh chives
1 teaspoon fresh lime juice
1 teaspoon salt, or to taste
1/2 teaspoon chopped fresh jalapeño chile with seeds
1 cup small ice cubes

Garnish: diced avocado and chopped chives

preparation

Peel and pit avocado. Blend all ingredients in a blender until very smooth, about 1 minute.

nutritional information Each serving about 81 calories and 1 gram fat

Nutritional analysis provided by Gourmet

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