

G=Gluten Free, V=Vegan, L=Lactose Free

## Avocado Soup

- 1 tablespoon Vegetable Oil
- ½ Yellow Onion, Diced
- 2 Cloves Garlic, Diced
- 3 cups Vegetable Broth
- 1 cup Coconut Milk (unsweetened)
- ¼ cup Fresh Lime Juice
- ½ cup Fresh Cilantro (packed)
- 1 jalapeno, seeded and cut into pieces
- ½ teaspoon Ground Cumin
- 4 Ripe Avocados, pitted and peeled

In medium skillet over medium heat, heat oil.

When shimmering, add onion and garlic.

Cook, stirring occasionally until onion is soft (appx 5 minutes). Remove from heat.

Add onion/garlic/oil and all other ingredients to food processor or blender.

Blend on high for approximately 2 minutes.

Season with salt to taste.

Serve immediately at room temperature or refrigerate and serve cold.

Serve topped with chopped, fresh tomato/onion/cilantro mix; sour cream; or other favorite toppings.

Keeps in fridge for 2-3 days only.

DO NOT HEAT after adding avocados! They will become bitter!