

Simple Vegan

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Cucumber Soup w/ Zucchini Noodles

Recipe is adapted from "Simple Vegan" by Nikevia Avei.



Ready in **20 minutes**

Serves: 2- 4

Ingredients

- 2 large seeded cucumbers (1 roughly chopped and the other cut into small chunks)
- 1 heaping Tablespoon tahini or sunbutter
- juice of 1 lemon
- 1 teaspoon soy or coconut amino acids
- 2 garlic cloves (at least)

- dash Himalayan or sea salt
- 1/8-1/4 teaspoon cayenne
- Toppings:
 - 1 medium zucchini
 - cherry or sugar plum tomatoes
 - raw, unsalted sunflower seeds
 - Fresh corn cut off cob
 - Sprouts or fresh basil

Equipment & Tools

- Cutting board and knife
- Measuring cups and spoons
- Kitchen scissors
- Lemon juicer
- High-powered blender
- Vegetable spiralizer

Alchemy

1. Place roughly chopped cucumber, tahini, garlic, lemon juice, salt and cayenne in a blender. Set to low speed and gradually move to high until the soup is creamy. Chill until ready to serve.
2. Distribute evenly amongst 4 bowls. (or 2 for larger servings).
3. Sprinkle in cucumbers, tomatoes and fresh corn kernels.
4. Spiralize zucchini. If too long, cut in half with knife or scissors. Place a handful of noodles in the center of soup.
5. Top with sprouts or herbs and sprinkles with sunflower seeds.

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Watermelon-Mint Agua Fresca



Ready in **10 minutes**

Serves **8**

Ingredients

- ½ medium-sized seeded watermelon (cut flesh from rind and chop into chunks)
- 5 sprigs worth of fresh mint leaves
- 3 tablespoons of agave syrup

- Juice of 1 lemon or lime
- Ice cubes
- Water

Equipment & Tools

- Cutting board and knife
- Measuring spoons
- Kitchen scissors
- Wooden spoon
- Lemon juicer
- High-powered blender

Preparation

1. Place watermelon chunks, ½ mint leaves, lemon/lime juice and agave in blender. Set to low speed and gradually move to high until the watermelon mixture is well blended. (Too thick? Add a little water into the mixture and re-blend.)
2. Pour watermelon mixture into glass pitcher.
3. Add ice cubes and remaining mint leaves into the glass pitcher. Stir.
4. Pour evenly into glass cups.

Tips

Seeded fruits and vegetables are an essential part of wholesome eating.

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