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EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



COOL CUCUMBER SOUP

Adapted from *Salad People and More Real Recipes*
by Mollie Katzen

Salad People and More Real Recipes by Mollie Katzen
Yield: 2 cups

Ingredients

- 2 medium cucumbers
- 1 cup whole milk yogurt, plain*
- 10 leaves fresh mint
- Canola oil non-stick cooking spray*, for the honey spoon
- 2 teaspoons honey, such as US Grade A Mountain Forest Honey, Light Amber*
- ¼ teaspoon sea salt fine crystals*

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Peel the cucumbers, then cut them down the center lengthwise. Use a spoon to scrape out the seeds and discard. Cut the cucumbers into large chunks. Place the cucumber in a blender with the yogurt, mint, honey, and salt, and puree until smooth (or mostly smooth). Serve cold, in bowls with spoons or in cups for drinking.

Note: this soup stratifies if kept in the refrigerator for more than a day. To blend, just shake the container or stir from the bottom.

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