COOL CUCUMBER SOUP
Adapted from 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.