

CHILLED CUCUMBER SOUP

A Complete Protein

- 2 lg. cucumbers, peeled and chopped into chunks
- 2 c. goat yoghurt, plain
- ½ c. chopped parsley
- 1 clove garlic, crushed
- 2 dashes black pepper
- 1 Tbs. chopped chives
- 3 scallions, chopped
- 1 tsp Himalayan salt or
unbleached sea salt
- Juice of ½ lemon
- 6Tbs. goat cheese (Chevre) or similar
- ½ vegetable bouillon cube



Combine all ingredients in a powerful blender or food processor. Chill before serving. Sprinkle some chives over top and serve with your favorite crackers.

Note:

Goat products are much better tolerated than cow milk products, this soup is also high in protein because goat cheese is a complete protein. If you do not care for goat protein, you can substitute for organic yoghurt and organic cream cheese instead of Chevre Goat cheese.