

Cucumber, avocado & almond gazpacho

Ingredients

1 cup raw almonds

Filtered water

1 avocado, cubed

½ large cucumber, peeled and roughly chopped

5 spring onions, thinly sliced

½ cup fresh coriander, chopped

Small clove garlic, crushed

Sea salt, black pepper and lime juice to taste

Method

In a food processor, blend almonds with 2 cups of water until smooth.

Combine avocados, cucumber, and scallions; purée until smooth – for about 2 minutes.

Add coriander and pulse for 5 seconds.

Season with salt, pepper and lime juice; and garnish with coriander sprigs.





