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## Creamy Chilled Avocado Soup

*Makes 6 servings*

### Ingredients

3 Scallions  
1/4 cup fresh cilantro leaves (lightly packed)  
1/4 clove fresh garlic  
1 tsp lemon juice, 1 tsp orange juice  
1 ripe avocado  
2 cups chicken stock  
Salt & freshly ground pepper to taste  
1/4 cup + 1 tsp heavy cream

### Nutritional info per serving

Calories:	86
Total fat:	6.9g
Cholesterol:	7.4mg
Sodium:	310mg
Total Carbohydrates:	4.5g
Dietary Fiber:	2.4g
Protein:	2.6g

### Directions

1. Put the scallions, cilantro, fresh garlic, lemon & orange juice, avocado and chicken stock in a blender.
2. Blend until smooth.
3. Add heavy cream and stir well.
4. Season with salt & pepper.
5. Chill until ready to serve.