

Susan's Avocado dill soup

INGREDIENTS

1 cucumber, peeled, seeded and diced
1 ripe avocado, peeled, seeded and chopped
1 cup (250 mL) yogurt
1 cup (250 mL) water
3 Tbs. (45 mL) chopped fresh dill, basil or mint
2 Tbs. (10 mL) lime juice or to taste
2 cloves garlic, pressed or finely chopped
½ tsp (2.5 mL) salt
¼ tsp (1.2 mL) dry mustard
pepper to taste
1 tbsp (15 mL) chopped fresh chives or green onion for garnish
Lime slices

PREPARATION

1 In a blender, purée cucumber, avocado, yogurt, water, dill, lime juice, salt, mustard and pepper until smooth.
To serve, garnish with chives and stems of fresh dill and extra lime juice if desired. Refrigerate for 1 hour or for up to 12 hours. May be made the day before.