



CHILLED AVOCADO AND CUCUMBER SOUP WITH FETA

A tasty and refreshing favourite!



PREP TIME
20 minutes



CHILL TIME
1 hour



SERVES
12

DIRECTIONS

1. In a food processor or blender, combine cucumbers, avocados, garlic, broth, yogurt and cream. Process until smooth and creamy. Stir in dill and season to taste with salt and pepper.
2. Cover and refrigerate for at least 1 hour or up to 4 hours.
3. Ladle into bowls and garnish with feta, cucumbers and dill sprig to serve.

Change up the cheese and sprinkle on some crumbled goat cheese for some added tang.

TIP: To change up the flavour a bit, try adding some fresh chopped mint to the soup with the dill.

INGREDIENTS

9 cups (2.25 L) peeled, seeded and diced cucumbers
3 ripe avocados, pitted and chopped
3 cloves garlic, minced
3 cups (750 mL) vegetable broth
2 ¼ cups (560 mL) Oikos 0% plain Greek yogurt
¾ cup (175 mL) 18% table cream
2 bunches fresh dill leaves, chopped
Salt and pepper to taste

Garnish

Crumbled feta cheese
Thinly sliced cucumber
Fresh dill sprigs

Per serving

(1/12th recipe/about 280 g)

180	calories
12 g	fat
4 g	saturated fat
0 g	trans fat
10 g	carbohydrates
4 g	fibre
4 g	sugars
8 g	protein
20 mg	cholesterol
370 mg	sodium
500 mg	potassium
125 mg	calcium
0.75 mg	iron



DANONE
CANADIAN
FOODSERVICE

All kinds of better™

danonefoodservice.ca

Danone
Canada
is a

Certified



Oikos® used under lic., © 2024 Danone US, LLC.