



HEALTHYFOOD
STUDIO

CUCUMBER, AVOCADO AND ALMOND *gazpacho*

INGREDIENTS

- 1 Cup raw almonds
- Filtered water
- 1 Avocados cubed
- ½ Large cucumber peeled and roughly chopped
- 5 Spring onions thinly sliced
- ¼ Cup chopped fresh coriander
- Small clove garlic crushed
- Sea salt, black pepper and lime juice to taste

METHOD

In a food processor, blend almonds add 2 cups water until smooth food processor, combine avocados, cucumber, and scallions; purée until smooth, about 2 minutes. Add coriander and pulse for 5 seconds. Season with salt, pepper, lime juice and garnish with coriander sprigs.