

Lauren's Kitchen: Chilled Cucumber Avocado Soup with Mango Salsa



Most of August, I just can't imagine turning on anything that might raise the temperatures one more degree in the house. When you are experiencing one of those days you will thank me for sharing this delectable Cucumber Avocado Soup. This can be whipped up in your Vitamix, traditional blender or with an immersion blender each giving good results. Just take a look at that ingredient list—don't you feel refreshed already?

Soup Ingredients:

- 2 large cucumbers, peeled and cut into rough slices
- 1 large Haas avocado, halved, pitted, and flesh scooped out
- 2 scallions, green and white parts included, chopped
- 2 tablespoons fresh lime juice

1/4 to 1/2 teaspoons sea salt (to taste)

1/4 teaspoon black pepper (or to taste)

Mango Salsa Ingredients

1 cup Ataulfo mango, cut into 1/2 inch cubes

1/2 cup tomato, 1/2 inch dice

1/2 cup shucked corn kernels (raw)

1/2 cup cilantro, loosely packed and finely chopped

1 tablespoon olive oil

1 tablespoon lime juice

sea salt and black pepper to taste

Complete instructions available [here](#).