



## SEPTEMBER'S RECIPE:

# AVOCADO AND TOMATO GAZPACHO

This is a colorful and refreshing summery kind of soup. It is served cool.

Preparation time: 10 mins

Cooking time: 10 mins

Serves: 6

### Ingredients

### Method

1 cup unsweetened corn  
6 tomatoes  
1/2 cucumber  
2 avocados  
4 tablespoons lemon/lime juice  
1-2 cloves garlic  
2 teaspoons fresh mint  
1 tablespoon cilantro  
2-3 drops tabasco  
1/2 teaspoon salt

If available, this soup tastes best with fresh corn scraped direct from the cob and lightly blanched. Chop and purée the tomatoes with a little water, and grate the cucumber. Mash the avocado, crush the garlic, chop the herbs finely and combine all ingredients in a bowl, leaving to stand for at least an hour. Serve cool, garnished with extra cilantro or mint leaf.

### Energetics

This is a cooling, cleansing soup for the Liver. Tomatoes relieve Liver Heat and avocados nourish Liver Yin and Blood. Cucumber moistens and cools the body and has some detoxifying properties. The cooling effects are mildly offset by the garlic and spices.