

Zucchini Cucumber Gazpacho



I never liked cold soup until I actually tried them 😊 I love cold tomato gazpacho on a hot summer day and got to thinking about a zucchini version with the plethora of them that we have right now. I experimented and modified several recipes that I found and settled on this cool and refreshing combination. Lovely sipped at the beach on a hot summer day!

Ingredients:

(note: all amounts on vegetables are approximate and subject to what you have and taste)

- 1 ½ Lb. (approximately) Zucchini – sliced roughly, not peeled
- 1 Lb. Cucumber (approximately) – sliced roughly, not peeled
- 1 Cup loosely packed mint leaves
- 1 ½ Cup loosely packed basil leaves
- 1-2 | Tablespoon sundried tomatoes or concentrated tomato paste (optional)
- Salt and Pepper to taste
- ½ Cup of non dairy milk or sour cream (optional, dairy fine if you tolerate it)

1. Wash and cut up the zucchini and cucumber and place in food processor (blender will also work), depending on how much vegetables you have. Add the mint and basil (and tomato if using), if you have space, and process until your desired consistency. I like it very smooth.
2. You may do the vegetables and herbs in two batches and then combine to puree further adding the milk or sour cream (if using) and the salt and pepper.
3. Chill in refrigerator until ready to serve. Pour into serving bowls and garnish with herbs, a dollop of (vegan) sour cream or a drizzle of good olive oil or whatever suits.

Enjoy!