



## FIXATE RECIPES

### CUCUMBER SOUP

Serves: 4 (approx. 1¼ cups each)

GF VG

Total Time: 15 min.

Prep Time: 15 min.

Cooking Time: None

5 cups English cucumbers, seeded, roughly chopped (approx. 3 medium)  
2 cups apples, peeled, cored, roughly chopped (approx. 2 medium)  
1½ cups reduced-fat (2%) plain Greek yogurt  
¼ cup chopped green onions (approx. 2 medium)  
3 Tbsp. chopped fresh dill  
3 Tbsp. chopped fresh basil  
3 Tbsp. chopped fresh parsley  
2 cloves garlic, peeled  
2 Tbsp. fresh lime juice  
1 Tbsp. pure maple syrup  
1 tsp. finely grated lime peel (lime zest)  
1 tsp. sea salt (or Himalayan salt)

1. Place cucumbers, apples, yogurt, green onions, dill, basil, parsley, garlic, lime juice, maple syrup, lime peel, and salt in blender; cover with lid and kitchen towel. Blend until smooth.
2. Evenly divide among four serving bowls. Enjoy!

**RECIPE NOTE:** If you would like, you can chill the soup in the refrigerator before eating.

#### Nutritional Information (per serving):

Calories:	140	Cholesterol:	9 mg	Fiber:	3 g
Total Fat:	2 g	Sodium:	629 mg	Sugars:	15 g
Saturated Fat:	1 g	Carbohydrates:	21 g	Protein:	11 g



Container Equivalents (per serving)

■ 1 ■ ½ ■ ¼

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.