Chilled Watercress and Avocado Soup\*  
Avocados are one of the most intensely anti-aging foods.  
serves 4

Ingredients  
2 bunches watercress, chopped  
1 liter chicken stock  
4 avocados, peeled, sliced  
4 stems coriander, chopped  
1 pint plain, natural yogurt  
2 tbsp crème fraiche  
to taste salt and pepper to taste  
juice of 2 limes  
1 green chili, finely chopped (optional)

Preparation  
1. Heat stock and simmer watercress in the stock for 15 minutes, reserving a few leaves for garnish.  
2. Strain and cool. Chill in refrigerator.  
3. Whisk other ingredients until smooth. Stir in seasoning and green chili.  
4. To serve, stir in creamy avocado mix and garnish with watercress leaves.