



## Avocado Lime Soup with Sour Cream

- 2 avocados
- 3/4 of a medium cucumber
- 1 stalk celery
- Juice of 1 lime
- Small handful of fresh coriander (cilantro)
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 teaspoon tamari
- 1 cup water (if wanting warm soup use hot water)
- Sour cream and chopped chives to garnish

Blend all ingredients, except the sour cream and chopped chives, in a high-speed blender until smooth.

Transfer to a serving bowl and garnish with sour cream and chopped chives.

## Sour Cream

- 1 1/2 cups cashews
- 2 tablespoons lemon juice
- 1 tablespoon + 1 teaspoon apple cider vinegar
- 1 cup water
- 1/2 teaspoon salt

Blend all ingredients in a high-speed blender. Add a little extra water one tablespoon at a time if you're having trouble getting the cashews smooth.

Transfer to a bowl or squeeze bottle. Keep refrigerated. Will firm up a little in the fridge, which makes an excellent dip for crudites.

