

Cream of Zucchini Soup

Makes 4 servings

This creamy soup is delicious served chilled, at room temperature, or warmed gently on the stove or in the dehydrator.

- 1 cup water, plus additional water to thin
- 2 medium zucchini, peeled and chopped (about 2 cups)
- 2 stalks celery, chopped
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 teaspoons mellow white miso
- 2 small cloves garlic, crushed
- 1/2 teaspoon sea salt, or to taste
- Dash cayenne
- 1 avocado, mashed
- 2 tablespoons minced fresh dill (or 2 teaspoons dried)

Place the water, zucchini, celery, lemon juice, olive oil, miso, garlic, salt, and cayenne in a blender or Vita-Mix and process until smooth. Add the avocado and dill and blend briefly. Add additional water to thin the soup to desired consistency, and blend. Serve chilled or at room temperature. Stored in a sealed container in the refrigerator, Cream of Zucchini Soup will keep for up to three days.

Garden Vegetable Soup

Yield: 2 cups, 2 serving

The basil adds garden-fresh aroma and fabulous flavor. It's worth it to find fresh basil for this recipe! Better yet, grow it in your garden or on your window sill!

1 small zucchini, chopped (about 1 cup)
1/2 cup water, plus 1/4 cup water to thin if necessary
1/2 ripe tomato, seeded and chopped
1 celery stalk, chopped
1 green onion, chopped
1 tablespoon fresh lemon juice
1 1/2 teaspoons mellow white miso
1/2 teaspoon crushed garlic (1 clove)
Dash cayenne
Dash salt
1 cup chopped spinach or chard
6 fresh basil leaves
1/2 ripe avocado, chopped

Place the zucchini, 1/2 cup water, tomato, celery, green onion, lemon juice, miso, garlic, cayenne, and salt in a blender and process until smooth. Add the spinach and basil and blend again. Add the avocado and blend until smooth. Add the remaining 1/4 cup water to thin, if necessary, and blend briefly. Serve immediately. For a chilled soup, refrigerate for 2 hours before serving.