

Cold cucumber and avocado soup

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Ingredients

- a few fresh cucumbers
- a few stalks of celery
- one avocado
- cloves of garlic
- a handful of dill, parsley and mint
- a couple of tablespoons of Greek yogurt
- some very cold water
- salt
- yesterday's bread and olive oil (for croutons)

Instructions

- 1.** We grind everything: Put chopped cucumbers, celery, avocado, garlic and greens in a blender. Add the Greek yogurt, add a little cold water to make it easier to rub, and blend everything well until smooth. Add salt at the end.
- 2.** Let it stand: Don't rush to eat right away. Place the soup in the refrigerator for at least half an hour. This is important so that all the flavors and aromas bind together.
- 3.** We are preparing the croutons: While the soup is cooling, cut yesterday's bread into cubes, sprinkle with olive oil and fry in a pan or hot air fryer until browned and crispy.
- 4.** When serving, simply sprinkle the croutons on top. The taste is really great and the freshness is ideal for a summer day.