

Warm Raw Cream of Zucchini/ Mint or Dill Soup

(Recipe by Radha Sukhani)

Ingredients: Serves 4-5

- Two medium) zucchini (Turai) chopped in pieces
- Two cups warm water
- One tablespoon lemon juice or juice of one lemon
- One large clove of garlic (optional)
- Half cup whole moong cooked to softness after overnight soaking avocado chopped
- Few sprigs of Mint leaves or dill leaves
- Chopped green chilis to taste
- Two teaspoons extra virgin olive oil or golden yellow sesame oil.
- One tablespoon toasted pine nuts or walnuts or 8-10 cashews
- Half teaspoons cumin (Jeera seeds)
- Himalayan pink salt to taste
- 2-3 cups of boiling water

Garnish

- Few sprigs of mint or dill
- Toasted walnuts

Direction

1. Blend all ingredients in high power blender except salt
2. Keep mixture ready.
3. Before serving, add hot boiled water to the mixture and blend slightly, add salt and mix.
4. Pour in serving bowls and add garnish.on the top
5. Can sprinkle black pepper powder to taste

(Note: Never heat raw soups as these will lose their texture. Eat them warm or room temperature or even chilled)