

## Avocado Basil Mint Gazpacho Recipe



If you've added a few pounds to your waistline the last few months, you're in good company.

But now that summer weather is upon us, I'm sure you're ready to take it off and get back to feeling great in your own skin, right?

This chilled soup is a perfect way to start. It's a smooth, blended gazpacho that feels decadent with a drizzle of herbaceous oil on top. But it's far from decadent. It's nothing but healthy fats and veggies that will help you take off excess weight while you enjoy it.

*Watch for my Thursday blog post: [9 Strategies to Lose Safe-at-Home Weight Gain Easily.](#)*

Until then, give it a try and let me know what you think over on [Facebook](#).

### AVOCADO BASIL MINT GAZPACHO

#### Ingredients [Serves 2]

- 1/2 cup extra virgin olive (or avocado oil)
- 2 handfuls fresh basil
- 1 handful fresh mint
- 1 Hass avocado, ripe
- 1 cucumber, seeds removed
- 1-2 cloves garlic
- 3 green onions, roots removed
- 2 cups filtered water
- 1 lime
- 2 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)



#### Directions

First, prepare the garnish. Take 1/4 of the mint and basil leaves and combine with the extra virgin olive oil and blend well. Set aside in small bowl.

In blender, combine all remaining ingredients (avocado, cucumber, garlic, green onion, lime, water, salt, and remaining basil and mint) and blend until smooth. Taste for seasoning and adjust as needed, top with garnish oil, and enjoy.

**GET OFF YOUR ACID!**

*Dr. Daryl*

**Alkamind**  
GET OFF YOUR ACID

ULTIMATE ALKALINE/ACID FOOD GUIDE



For more on which foods to avoid and which to eat more of (like the ingredients in delicious green soups), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!