

## Zucchini Mint Soup

This is a quick, delicious soup that works well hot or cold. The following recipe makes one bowl of soup. Multiply portions as needed.

Steam the following ingredients until the onion and zucchini look translucent. (About 10 minutes)

1 zucchini

1 clove of garlic

¼ medium onion

Place all ingredients into a blender

Add the leaves from 1 sprig of mint (6-8") or about 12 leaves

Add juice of ¼ lemon (about 1 tsp)

A sprinkle of sea salt

Blend well until smooth

Remove lid from blender, but leave blender running

Drizzle in about 1 tbsp olive oil and continue to blend at high speed until the soup looks creamy

Serve hot or cold