

Chilled Avocado Soup

Ingredients:

Serves 4

4 ripe avocados
2 cups 2% milk
2 cups low fat chicken broth
2 tablespoons lemon juice
Salt and pepper to taste
Hot sauce to taste
Crème Fraiche
2 tablespoons finely chopped green onions
4 tablespoons croutons

Preparation:

Halve the avocados, scoop out the flesh and place in the Cuisinart. Add a small amount of the milk and chicken broth and pulse until the mixture is smooth and thick. Pour into a pitcher, add the rest of the milk and chicken broth and stir until smooth. Add the lemon juice, salt and pepper and hot sauce to taste. Chill until ready to serve. Ladle into bowls and garnish with a dash of crème fraiche and a sprinkling of finely chopped green onions and croutons.