

Recipe for



Gazpacho Soup

SERVES 2

PREP TIME/TOTAL

TIME Approx 5 min / 10 min

NUTRITION INFORMATION

Total Calories 231

Fat 1.2 g

Protein 4.4 g

Carbohydrates 33.6 g

Fiber 4.7 g

INGREDIENTS

4 medium size tomatoes

1 cup of chopped cucumber

1/2 cup of chopped bell pepper - color of choice

1/2 cup chopped red onion

1 jalapeno seeded

1 garlic clove

1/2 tsp ground cumin

2 tbsp lime juice

1 tbsp of balsamic vinegar

1 tbsp of soy sauce

2 tbsp fresh basil leaves

1 tbsp of hemp seeds/hearts

DIRECTIONS

Place 1/2 cup of water, 1 tbsp of hemp seeds, 1 seeded jalapeno and 1 garlic clove in a blender and blend well. Place all the other ingredients in a large bowl and mix well. Transfer the contents from bowl and blender into a food processor and pulse until desired consistency.



GF

WFPB