

## Creamy Zucchini and Avocado Soup

2 Tbsp	Avocado oil
1	Vidalia onion, finely chopped
2-3 Cloves	Garlic, chopped
2-3	Medium zucchini, diced
4 Cups	Low sodium vegetable broth
¼ Tsp	Cayenne
¼ Tsp	Cumin
¼ Tsp	Sea salt
	Freshly ground black pepper, to taste
1	Avocado, seeded
1 Cup	Fresh spinach leaves
½ Lemon	Freshly squeezed, optional
¼ Cup	Shredded zucchini, to garnish
2 Tbsp	Chopped basil, to garnish

In a large pot, heat the avocado oil. Add the onions and saut. for about 3 minutes, and then add the chopped garlic and saut. for 1 more minute. Add the zucchini and saut. for another 5 minutes or until soft and slightly browned. Add the vegetable stock, sea salt, black pepper, cayenne and cumin and bring to a boil. Remove from heat and let cool slightly.

Transfer the soup to a blender, add the avocado and spinach, and blend in batches until smooth. Stir in the lemon juice before serving.

Garnish with zucchini and fresh basil. Serve warm or chilled.



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Megan McCarthy