

Low-Carb Chilled Cucumber Soup

Hands-on 10 minutes Overall 2-3 hours

Nutritional values (per serving, 1 1/4 cups/ 300 ml): Total carbs: 9.5 g, Fiber: 4.9 g,

Net carbs: 4.6 g, Protein: 2.4 g, Fat: 25.7 g, Calories: 266 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 800 g fresh gherkins *or* 3 large cucumbers (1.76 lb)
- 2 medium avocados (300 g/ 10.6 oz)
- 2 cloves garlic, minced
- 2 large spring onions, roughly chopped (50 g/ 1.8 oz)
- bunch of fresh basil (28 g/ 1 oz)
- 3 tbsp fresh lime juice *or* lemon juice (45 ml)
- 2 cups water, vegetable stock *or* [chicken stock](#) (480 ml/ 16 fl oz)
- 3/4 tsp sea salt
- 1/4 tsp black pepper, or to taste
- 1/2 cup [extra virgin olive oil](#), divided (120 ml/ 4 fl oz)
- 1 medium cucumber, thinly sliced (200 g/ 7.1 oz)

Instructions

1. Roughly chop the cucumbers. Halve the avocados, remove the seeds and peel. Peel and mince the garlic and roughly chop the spring onions. Although you will blend the ingredients, it's better to mince the garlic.
2. Place the cucumbers and water into a blender.
3. Add the avocados, onions, garlic, basil, lime juice, salt and pepper. Add the olive oil. Optionally, you can reserve a few basil leaves and 3 tablespoons of olive oil for topping.
4. Process until smooth and creamy. Pour into a sauce pan or a container that can fit in the fridge and refrigerate for at least 2 hours before serving.
5. When ready to serve, thinly slice the remaining cucumber. You can use a knife or a slicing blade in your food processor.
6. To serve, pour into serving plates and top with the sliced cucumber. Optionally, drizzle with more olive oil, garnish with fresh basil and season with salt and pepper.
7. To store, keep refrigerated (without the topping) for up to 5 days.

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