

Catherine M. Gurski, ND, MSMOM, LAc.  
1962 NW Kearney, Ste. 102  
Portland, OR 97209  
503-274-4360

### Delicioso Avocado Soup:

Ingredients: 1 ripe avocado, 2 cups chilled water, ½ cup yogurt or sour cream, ½ cup+ fresh cilantro, 1 & ½ T fresh lime juice, ½ tsp minced garlic, 1 cooked Alaskan king crab leg- meat chopped, and ½ cup diced & seeded red watermelon, ½ cup of diced cucumber & tomato.

Halve the avocado, remove pit and scoop pulp into a blender. \*Add water, sour cream or yogurt, cilantro, lime juice and garlic. Blend evenly. Transfer to bowl; add salt and pepper to taste. Chill covered for about one hour.

Garnish with cilantro, crab, watermelon, cucumber and tomato before serving

From LHM.com/recipecenter  
September 2006