

naturopathic • acupuncture

chilled zucchini soup (low calorie and refreshing!) 1 pound zucchini (if large, halved with seeds scooped out) 4 cloves freshly peeled garlic 1 quart vegetable or chicken broth 1⁄4 cup fresh basil splash of cayenne pepper

heat broth to a boil, then simmer mince garlic into broth using a grater or food processor to shred zucchini add shredded zucchini to broth, simmer until soft, remove from heat add basil, add pepper puree mixture in blender or food processor, refrigerate, serve chilled

> www.TrueHealthMedicine.com • 503-691-0901 8555 SW Tualatin Road, Tualatin, OR 97062



naturopathic • acupuncture

chilled zucchini soup (low calorie and refreshing!)

1 pound zucchini (if large, halved with seeds scooped out)

- 4 cloves freshly peeled garlic
- 1 quart vegetable or chicken broth
- 1/4 cup fresh basil
- splash of cayenne pepper

heat broth to a boil, then simmer mince garlic into broth using a grater or food processor to shred zucchini add shredded zucchini to broth, simmer until soft, remove from heat add basil, add pepper puree mixture in blender or food processor, refrigerate, serve chilled

> www.TrueHealthMedicine.com • 503-691-0901 8555 CW Tuplatin Road Tuplatin OP 97042



naturopathic • acupuncture

chilled zucchini soup (low calorie and refreshing!)

pound zucchini (if large, halved with seeds scooped out)
cloves freshly peeled garlic
quart vegetable or chicken broth
cup fresh basil
splash of cavenne pepper

heat broth to a boil, then simmer mince garlic into broth using a grater or food processor to shred zucchini add shredded zucchini to broth, simmer until soft, remove from heat add basil, add pepper puree mixture in blender or food processor, refrigerate, serve chilled

> www.TrueHealthMedicine.com • 503-691-0901 8555 SW Tualatin Road, Tualatin, OR 97062



naturopathic • acupuncture

chilled zucchini soup (low calorie and refreshing!)

pound zucchini (if large, halved with seeds scooped out)
cloves freshly peeled garlic
quart vegetable or chicken broth
cup fresh basil
splash of cayenne pepper

heat broth to a boil, then simmer mince garlic into broth using a grater or food processor to shred zucchini add shredded zucchini to broth, simmer until soft, remove from heat add basil, add pepper puree mixture in blender or food processor, refrigerate, serve chilled

www.TrueHealthMedicine.com • 503-691-0901