

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

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