
Dr. Ruby's Cherry Tomato & Basil Gazpacho

By Ruby Lathon, PhD

A delicious and easy soup.

Ingredients

- 1 pint cherry tomatoes
- 1/4 cup fresh basil
- 1/2 cup coconut milk
- 2 tbsp olive oil
- 1/2 tsp sea salt (or to taste)
- 2-3 cloves garlic
- 1/8 cup water
- 1/2 avocado diced (optional)



Preparation:

1. Blend all ingredients except avocado; serve immediately topped with diced avocado or chill until ready to serve.
2. If you would like a slightly warm soup, keep blending in a high-speed blender until it warms. Alternatively, gently heat it on the stove on low temps for 1-2 minutes until slightly warm, but not hot. Do not let boil.

Serves 1 to 2.