

◆ HANDLEY SAUVIGNON BLANC ◆

COLD AVOCADO SOUP

- 3 large avocados, pitted, peeled, and coarsely chopped
- 1 tablespoon lime juice
- ½ cup plain low fat yogurt
- 3 cups chicken stock
- 2 teaspoons ginger juice (see note)
- 2 cloves garlic, crushed through a press
- 2 tablespoons chopped fresh mint
- 1 small serrano chili, minced fine

over please 🍴 🍴

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In a food processor, combine all the ingredients and purée. Transfer to a serving bowl and chill until cold and the flavors meld, about 1 hour.

Optional garnishes or additions:

Cubed avocado, cherry tomato halves, cucumber moons, sliced scallions, red or green julienne bell peppers, lime slices or wedges, or mint leaves.

To make ginger juice:

For 2 teaspoons juice, grate about 2 inches of peeled ginger, then crush through a garlic press. It really works!

This soup can be served simply, with just a mint leaf or a bit of green onion as garnish, or more elaborately by adding chunks of avocado, tomato, and cucumbers.