

Chilled Avo & Red Grape Soup



Recipe created by Chef Brad Barnes for Cal Flavor™



Total Time: 15 min



Portion Size: 12oz



Method: Puree

The Chilled Avocado & Red Grape Soup with Cal Flavor Avocados is a refreshing and elegant dish perfect for warm days. This vibrant soup features the creamy, rich texture of Cal Flavor Avocados, blended to perfection with the natural sweetness of red grapes. The combination creates a harmonious balance of flavors.

Ingredients

Step 1

- 2.5 cups • Avocado • peel and dice
- 1 cup • White grape juice
- 2 each • Lime juice
- 1 cup • Coconut milk – unsweetened
- 1.5 cups • Almond milk
- 1 tbsp • Honey
- 1 tbsp • Dill
- 1 tbsp • Fresh mint leaves
- 1 tsp • Sea salt

Step 2

- 1 each • Avocado • peel and dice small
- ½ cup • Red grapes • sliced thin
- 3 tbsp • Dill • clean and chop
- ¼ cup • Almonds, sliced • toasted
- ¼ cup • Extra-virgin olive oil
- 1 tsp • Black pepper – coarsely ground

Instructions

Step 1

Place all (step 1) ingredients in a blender and puree smooth.

Step 2

Toss all (step 2) ingredients lightly and use to garnish the soup on top.

