



Sophie Grigson's Avocado, Cucumber and Sorrel Soup Recipe

Serves 6

Ingredients

1 ripe, buttery avocado

a generous handful of sorrel leaves (discard any tough stalks)

1/4 large cucumber, roughly diced but not skinned

half a large tub of Greek yoghurt

1-2 cloves of garlic (fresh garlic is very good in this)

salt and pepper

To serve: avocado oil

Method

1. Put all the main ingredients into the jug of your liquidiser.
2. Add a good slurp of water and then flick that switch.
3. As soon as it is all smoothly blended, taste and adjust seasoning, adding more sorrel, or salt or pepper, thinning down with a little more water, or whatever. Once you are happy, divide between 6 serving bowls or cups and drizzle a thin thread of avocado oil on the surface.
4. Serve at once, or at least fairly soon.