

A cool and refreshing soup for hot summer days.

INGREDIENTS

serves 4

1 big cucumber (~1 lb),
optionally peeled, roughly
chopped

1 1/4 cup vegan yogurt
([I make my own](#))

3 Tbsp olive oil

1 Tbsp lemon juice

1 garlic clove

a few leaves of mint

cayenne pepper (optional)

salt

DIRECTIONS

Blend all the ingredients together.

Place soup in fridge at least 1 hour before serving.