



Cucumber Soup

Serves 4

Ingredients:

- 400g cucumber, chopped
- Small onion, sliced
- 100g potato peeled and chopped
- 1 tbsp low-calorie spread
- 850ml vegetable stock
- 1 tbsp low-calorie crème fraiche (optional)
- Herbs of your choice

Method:

1. Melt spread and gently cook onion for 5 minutes, then add potato and cucumber
2. Put a lid on the pan and leave on a low heat for a further ten minutes
3. Add the stock and leave to simmer gently until the potato is cooked through
4. Blend the soup ensuring that the cucumber is completely blended
5. To serve you can add some low-calorie crème-fraiche and herbs



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