



# Chilled cucumber and mint soup with toasted seeds

Fresh, chilled soup with Alpro Simply Plain

## Preparation

1. Peel and roughly chop the cucumber, then chop the spring onions and bread.
2. Place all ingredients in a blender and blend up until smooth
3. Season the soup with salt and pepper, to taste, then pour into bowls.
4. Add a final drizzle of olive oil, a twist of black pepper and some toasted seeds to serve.



4 portions



20min



## Ingredients

- 2 cucumbers
- 4 spring onions
- 1 slice of stale bread
- 2 cloves of peeled garlic
- 150g of Alpro Simply Plain
- 60ml of Alpro Soya Cuisine
- small bunch of fresh mint (around 25g)
- 1 teaspoon of sherry vinegar /white wine vinegar
- 100ml extra virgin olive oil (plus a drizzle to garnish)
- a handful of toasted seeds

## Made with

Simply Plain

