

Cold Cucumber and Mint Soup

The cooling and cleansing properties of cucumber can help to clear inflammatory skin conditions such as eczema as well as inflammatory eye problems.

Benefits:

Summer coolers

Ingredients:

1 large cucumber, peeled and diced
6 spring onions, trimmed and chopped
1 cup chicken stock
3 tablespoons natural yogurt
3 tablespoons lemon juice
6 sprigs fresh mint
salt and freshly ground pepper

Instructions:

1. Blend the cucumber, spring onions, and stock together until smooth.
2. Add the yogurt and lemon juice. Strip the mint leaves from the stems, reserving a few to garnish, then finely chop and stir into the yogurt mixture.
3. Season to taste. Cover and refrigerate for 1 hour. Garnish with mint.

<http://www.valuerecipes.com/index.php/article/articleview/413/1/14/>