

# LUNCH

## Courgette & Avocado Soup

### INGREDIENTS

- 1/2 ripe avocado
- 3 courgettes
- 1/2 onion
- 1 clove garlic
- 1 tbsp butter
- 1 tbsp olive oil
- 900ml vegetable stock
- Parsley to garnish (optional)

### METHOD

- Heat the oil and butter
- Add all the ingredients apart from the avocado and stock
- Sauté for 10 minutes or until softened
- Add the stock and bring to the boil
- Simmer for 20-25 minutes
- Blend with the avocado and season to taste
- Serve topped with parsley (optional)



EATING YOUR  
WAY THROUGH  
THE  
MENOPAUSE