
Cold Cucumber Soup

- 32 ounces plain, sugar-free yogurt
- 10 ounces cold water (preferably bottled water)
- 2 large diced cucumbers (peeled)
- 1/2 cup chopped parsley
- 2 garlic cloves, finely chopped
- 1/2 teaspoon lite salt (optional)
- Place all ingredients in a large bowl and mix together well.
- Chill. Serve hot or cold.

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