
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.

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.S.N./S.S.C.

Cornerstone Commerce Center
1201 New Road, Suite 111-A
Linwood, NJ 08221

Phone: 609-653-4900