

# Cucumber Soup



## **INGREDIENTS**

3 large cucumbers, finely sliced  
1/2 small onion, chopped  
1 clove garlic chopped  
2 cups 0% Greek Yogurt  
1 cup 1% milk  
Salt and white pepper as desired  
A few sprigs of mint for garnish

## **DIRECTIONS**

Reserve 1/2 of a sliced cucumber and mint leaves for garnish. Put the remaining ingredients in a blender or Magic Bullet and mix till smooth. Refrigerate for two hours. Garnish with remaining cucumbers and mint prior to serving.