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Creamy Cold Tomato Soup (serves 5)

FLT (per serving): 1 dairy

80 calories, 14 g carbohydrates, 4 g protein, 1 g fat

1 cucumber, chopped
1 scallion, chopped
1 clove garlic
4 cups tomato juice
1 green pepper, chopped
½ tsp. dill weed
Slice mushrooms or tomato chunks for garnish
1 cup plain yogurt

1. Combine all ingredients (except yogurt) in small amounts in blender and blend until smooth.
2. Use salt sparingly, if needed and add pepper.
3. Whisk in yogurt.
4. Chill for several hours before serving and garnish as desired with mushrooms or tomatoes.