

SPRING PEA SOUP WITH MINT

From the *Taste for Life* test kitchen

15 MINUTES PREP TIME ■ SERVES 4

- 2 c fresh peas
- 2 avocados, peeled and pitted
- 1/2 c fresh mint
- 3 c filtered water
- 1 Tbsp fresh lemon juice

Sea salt and freshly ground black pepper to taste

Blend all ingredients in a high-speed blender until smooth. Serve immediately.

Per serving: 235 Calories, 7 g Protein, 26 g Carbohydrates, 10 g Fiber, 14 g Total fat, 20 mg Sodium, ★★★ Vitamin C, ★★ Vitamin B6, Folate, Potassium ★ Vitamin A, B1 (thiamine), B2 (riboflavin), B3 (niacin), Pantothenic acid, Copper, Iron, Magnesium, Manganese, Phosphorus, Zinc