



Mighty Greens Gazpacho

Ingredients

- 1 cup low-fat buttermilk
- 1 cup lightly packed basil leaves
- 2 cloves garlic
- 1/3 cup balsamic vinegar
- 1/4 cup slivered blanched almonds
- 1/4 cup chopped onion
- 1 green bell pepper, seeded and chopped
- 1 (5 oz) bag any greens mix (spinach, baby kale, arugula, etc)
- 1 large cucumber, peeled, seeded, and chopped
- 1 cup unsalted vegetable stock
- 1/2 tsp ground black pepper

Preparation

Add all ingredients to a blender and blend until smooth

Nutrition

- Calories: 95
- Sodium: 120 mg
- Total Fat: 3.5 g
- Saturated Fat: 0.6 g
- Carbohydrates: 12 g
- Protein: 5 g