

Mark's Kitchen

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Spinach & Avocado Soup

Cook time: 10 minutes

Serves: 1-2

This week's guest recipe blogger is [Three Lily Farm Chef](#), Frank Giglio. Three Lily Farm provides a space to offer inspiration and education with topics ranging from Real Food Nutrition, Traditional Food Preparation, Wild Food Recipes, Raising Children, Gardening, Foraging, DIY Projects, Homesteading, and Off-Grid Living. I love Frank's recipes because they are ALL very delicious and manageable.

This soup can be heated slightly or enjoyed raw and it takes minutes to prepare, making for a simple, yet delicious lunch or dinner. With a good amount of avocado, there is plenty of fat in this soup to make it quite satiating. Enjoy!

Ingredients:

- 1 ripe avocado
- 1 handful of spinach, about 4 cups
- 1/2 - 3/4 cup vegetable broth or chicken broth
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- chipotle pepper, cored and seeded, chopped to garnish (optional)

Directions:

1. Remove the peel and pit of the avocado then add it to a blender. Then add the spinach, ½ cup of the broth, lemon juice and the oil.
2. Blend on high until a smooth and creamy consistency is achieved, adding up to another ¼ cup of broth for desired thickness. Serve in large bowl. Optional: garnish with a sprinkle of chipotle pepper and a drizzle of olive oil.
3. If heating, place in a saucepan on medium heat and heat until warmed through.

Nutritional Analysis (based on 2 servings): Calories 283, Fat: 28g, Protein: 3g, Carbs: 11g, Fiber: 7g, Sugar: 1g, Sodium: 289mg