

WILD VINES®

FRUTÉZIA®

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Chilled Cucumber Soup

Pairs well with Frutézia® Sunshine Blend

Serves 4

2 lbs. Cucumbers

1C Plain yogurt

2T Fresh dill, chopped

1 Garlic glove, crushed

1 Bay leaf

Juice of 1/2 lemon

Salt and freshly ground black pepper to taste

Peel, seed and slice the cucumbers. Then put the seeds and cores in a strainer, and press out and save the juice. Put the cucumber in a food processor or blender with the reserved juice, add the garlic, lemon juice and dill. Then mix, adding yogurt slowly. Pour into a large serving bowl, slip in the bay leaf and store in the refrigerator for an hour. Season the finished soup with salt and pepper, and serve cold.