



PEACH GAZPACHO

By Dr. Cindy Tanzar
(Standard/Vegan)

This recipe is a perfect, refreshingly-chilled dish for summer. Made with fresh peaches and garden vegetables, the naturally sweet taste is nicely countered with balsamic vinegar and a tropical lime flavor. Depending on your tastes, you may want to wait and taste the soup before adding liquid stevia. You can add more at any time, if needed.

This recipe makes 3 servings, divided equally. One serving covers your fruit and 1 cup of raw vegetable per meal.



INGREDIENTS

- 3 large peaches, large diced
- 1 large tomato (red or yellow), large diced
- 1 organic orange or yellow Bell pepper, large diced
- 1 cucumber, large diced
- 1/3 cup lime juice



2 tsps. balsamic vinegar
1/2 tsp. Pink Himalayan salt, or to taste
Liquid stevia drops, to taste

INSTRUCTIONS

Place all the ingredients into a food processor or blender. May have to do in two batches, depending on the size of your processor. You may be able to process some of them, then fit in the rest.

Blend until smooth with very small chunks or to your desired texture. Chill in the refrigerator for at least 2 hours.