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# Chilled Cucumber Kefir Soup

Prep time: 20 minutes active

Servings: 4

*When the weather's hot, this light, refreshing and herby chilled soup hits the spot. Creamy kefir combines with crisp cucumbers, lemons and herbs for an easy, make-ahead dish that elevates a summer supper or regular picnic fare. One quick whiz of the blender, and you're all good to go.*

Submitted by Debra Smith - [www.SmithBites.com](http://www.SmithBites.com)

## Ingredients

4 cups peeled, halved lengthwise, seeded and chunked English cucumbers (hothouse variety)

1 cup Green Valley Creamery Lactose-Free Plain Kefir

2 Tbsp. finely chopped preserved lemons

1 green onion including tender green tops, chopped

2 Tbsp. finely chopped chives

3-4 Tbsp. chopped fresh dill

1 clove garlic, chopped

2 tsp jarred horseradish

1 tsp. kosher salt

¼ tsp. ground black pepper

2-3 Tbsp. fruity extra-virgin olive oil

## Instructions

1. Coarsely chop the cucumber halves and place in a large bowl
2. Add the kefir, preserved lemons, green onion, chives, dill, garlic, horseradish, salt and pepper
3. Stir to combine, cover with plastic wrap and set aside at room temperature for 1 hour to blend the flavors
4. After an hour, in a blender, puree the cucumber mixture until smooth
5. Cover with plastic wrap and refrigerate until chilled, at least 2 hours; the soup

can be prepared ahead up to 12 hours and stored in an airtight container in the refrigerator – just stir to emulsify to serve

6. Just before serving, stir in olive oil

*Garnish with chives and dill; serve at once*