



Grab-N-Go Gazpacho

An easy recipe for a grab-n-go lunch, individual portions, fast dips or even as a dinner topper

- 3 Cups Tomatoes, Diced (such as Dei Fratelli Truly Finely Chopped Tomatoes)
- 1 Cucumber (peeled, seeded and chopped)
- ½ Tablespoon Garlic Powder
- 3 Tablespoons Lemon or Lime Juice
- 2 Peppers, 1 Red & 1 Orange (cleaned, chopped and deseeded)
- 1 large Jalapeno Pepper (cleaned, deseeded and chopped)
- 3 Tablespoons Sunflower Oil (such as Winona Pure Oil)
- 1 Teaspoon Ground Coriander
- 2 Teaspoons Sea Salt
- ½ Avocado (peeled)
- 1 Cup Cold Water
- Plastic cups
- Spoons of Your choice
- Optional- Cut up peppers, avocado and pine nuts for topping*

Using a blender, add all of the ingredients and blend until smooth.

Pour the mixture into plastic cups and insert spoon of your choice. Top with additional peppers, avocado or pine nuts for extra flavor.

Cover each cup with plastic wrap, pushing the handle of the spoon through, wrapping tightly. Place in the freezer until solid. Store in an airtight container and use individual portions as needed.

Makes approximately 6 Cups

