



naturopathic • acupuncture

**chilled zucchini soup  
(low calorie and refreshing!)**

1 pound zucchini (if large, halved with seeds scooped out)  
4 cloves freshly peeled garlic  
1 quart vegetable or chicken broth  
¼ cup fresh basil  
splash of cayenne pepper

heat broth to a boil, then simmer  
mince garlic into broth  
using a grater or food processor to shred zucchini  
add shredded zucchini to broth, simmer until soft, remove from heat  
add basil, add pepper  
puree mixture in blender or food processor, refrigerate, serve chilled

www.TrueHealthMedicine.com • 503-691-0901  
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