

ZUCCHINI LEMON BISQUE

Makes about 1 quart

As anybody who's ever planted zucchini knows—when it's in season, there's an abundance. This soup lasts about two days in the fridge, and pairs well with a light salad. Garnish with thinly-sliced fennel bulbs, julienned apple, fresh sprouts, or fresh dill.

- 1 ¼ quarts zucchini, peeled and chopped
- 1 cup water
- ½ cup lemon juice
- ½ cup olive oil
- 2-3 cloves garlic, crushed
- 1 tablespoon onion powder
- 1 tablespoon agave nectar
- 1 tablespoon sea salt
- ½ teaspoon cumin

Pinch black pepper

TOOLS: High-speed blender; mandolin or sharp knife for garnish

- Place all ingredients in blender and blend until perfectly smooth.

Garlic consumption has been shown in many studies to have a myriad of healthy effects on the body, including its ability to reduce free radicals in the blood stream—no small feat for a stinky rose.

