



Cold asparagus and orange soup

Ingredients (serves 1)

150 g canned white asparagus

Orange juice from ½ orange

2 teaspoons lemon juice

1 teaspoon extra virgin olive oil

Salt (omit in case of high blood pressure or liquid retention)

Black pepper

Method

1. Drain the asparagus very well. Set aside one asparagus tip for garnish.
2. Purée the rest of the ingredients with an immersion blender and add salt and pepper to taste.
3. Serve with a little orange zest and the asparagus tip as a garnish.