



# Cold avocado and corn soup

## Ingredients (serves 2)

- 2 ripe avocados
- 80 g sweetcorn (with no added sugar)
- 50 g cream (lactose-free, in case of intolerance)
- 50 g cream cheese (lactose-free, in case of intolerance)
- 1 lemon
- Extra virgin olive oil
- Pepper
- Salt (skip in case of hypertension or fluid retention)

## Method

1. Blend the sweetcorn with the liquid from the tin and reserve.
2. Cut the avocados in half, remove the stone and scoop out the pulp with a spoon. Place in a tall container with lemon juice and blend. Add mineral water to make a semi-liquid cream. Season with salt and pepper and reserve.
3. Whisk the cream until it becomes foamy and add the sweetcorn mixture. Whisk together until forming a denser cream than the avocado alone. Add salt and pepper to taste.
4. Separately whisk the cream cheese, adding a splash of olive oil.
5. In a bowl, place a spoonful of the beaten cream cheese, top with the very cold avocado mixture and finish with the foamy sweetcorn cream. Serve with a few drops of olive oil.