

glorious gazpacho + sweet corn avocado relish with tropical smoothies



Gazpacho is a cold tomato-based raw vegetable soup!

This yummy soup originated in southern Spain. Gazpacho remained popular with farmers as a way to cool off during the summer and to use available ingredients such as fresh vegetables and bread.

tear+pour

Start by tearing up a **¼ of a loaf of baguette bread** and add to a large bowl. Measure out **½ C extra virgin olive oil** and **1 T white wine vinegar** and add to the bowl so that the bread starts to soak up the liquid.

slice+season

Have kids chop **8 ripe tomatoes** and add to the bowl with the bread. Using a garlic press, add **one clove of garlic** to the bowl. Season with **2 tsp of sugar** and **3 tsp of salt**.

blend+chill

Pour the bread and tomato mixture into a blender and turn on high speed until thick and creamy. Taste the gazpacho and add more salt and/or sugar to taste. Put in the fridge and let chill for at least an hour and up to 24 hours.

chop+mix

Have kids chop up **2 small English cucumbers** + **1 avocado**, tear up **2 T fresh tarragon**, and **1 cup fresh or frozen sweet corn**, and add all to a medium bowl. Add **1 cup fresh or frozen sweet corn**. Toss together with a drizzle of olive oil and a pinch of salt. Serve corn avocado relish with **sour cream** on top of the gazpacho and serve with side of tortilla chips.

blend+drink+freeze+lick

Add **2 cups any kind of chopped frozen topical fruits** with **2 bananas**, **2 cups of soy milk** + **3 packs of natural Stevia powder** in your blender. Blend everything together until thick and creamy, adding more milk if need be. **Drink up ½ the smoothies now! It's yummy, refreshing and healthy!** Now pour the remaining ½ smoothie mixture into dixie cups and put a wooden popsicle stick into each smoothie cup. Pop into the freezer and freeze for at least 4 hours or until solid. **To serve popsicles, put the dixie cup under a hot water from the tap until the popsicle easily slides out. EAT and ENJOY! ¡BUEN PROVECHO! (Enjoy your meal!)**



Stevia is a plant (related to lettuce) native to South America. It has been used to sweeten foods and beverages for more than 200 years. Stevia is 300 times sweeter than sugar!



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