

## Chilled Avocado Soup

**Servings:** 8

**Prep Time:** 30min

**Cook Time:** 0



### Ingredients

- 150 ml golden sultanas
- 1 litre double cream plain yoghurt
- 2 ripe avocado pears, well mashed
- 380g can of low fat evaporated milk
- 1 small cucumber, peeled, seeded and finely chopped
- 100 g pecan nuts, finely chopped
- 2 hard boiled eggs, finely chopped
- 1 bunch spring onions, green and white finely chopped
- salt and freshly ground black pepper

### Directions

1. Soak the sultanas in enough water just to cover them, for 10 minutes.
2. In a large bowl, combine the yoghurt, avocado and evaporated milk until evenly blended.
3. Add in all the remaining ingredients, including the sultana soaking water.
4. Chill thoroughly and ladle into chilled soup dishes. Garnish with any of the soup ingredients you have spare.