



Makes 4 to 5 cups
Preparation Time: 10 minutes
Cook Time: 1 hours

INGREDIENTS:

2 medium apples, peeled and cored
1 tablespoon lemon juice
10 fresh mint leaves
1 English or 2 Persian cucumbers, peeled, seeded, and roughly chopped (1¾ cups)
1 lb. yellow heirloom tomatoes, peeled and roughly chopped
1 2-inch-thick wedge yellow onion
1 fresh Anaheim chile pepper, seeded and chopped
1 clove garlic
1 teaspoon sherry vinegar or white wine vinegar
Tabasco sauce (optional)
Sea salt, to taste
Freshly ground black pepper, to taste

Sunshine Gazpacho

Originating in Spain, gazpacho is a chilled soup that combines raw veggies with fresh herbs and spices. Perfect for a **warm summer afternoon**, this version is infused with a hint of sweetness thanks to the juicy apples and crisp cucumbers that help form the base. Yellow heirloom tomatoes lend it a beautiful golden hue, but any color of ripe **summer tomato** will taste great. Add a few splashes of Tabasco sauce to turn up the heat and then enjoy this bowl of liquid gold!

*From **Forks Over Knives: Flavor!***

By Darshana Thacker Wendel

- 1 Thinly slice enough apple for garnish; toss slices in lemon juice. Chop remaining apples. Finely chop two of the mint leaves.
- 2 In a blender or food processor combine chopped apples, the remaining eight mint leaves, and the next six ingredients (through vinegar). Blend until smooth. Season to taste with Tabasco sauce (if desired) and salt.
- 3 Transfer soup to an airtight container; cover. Refrigerate for at least 1 hour. Garnish soup with sliced apple, additional mint leaves, and black pepper.