



GAZPACHO

INGREDIENTS

- 1 kg of pear or vine tomatoes, quartered
- 1 green pepper, roughly chopped
- 1 small garlic clove, crushed
- 200 ml olive oil
- 50 ml white vinegar
- Salt and pepper
- Optional: 10 g NUTRILITE All Plant Protein
- Optional: Ciabatta, sliced
- Optional: cucumber and red and yellow peppers, diced

METHOD

1. Place the tomatoes, green pepper and garlic into a blender and blend for 5 minutes or until completely processed.
2. Strain the gazpacho into the mixing bowl with the help of a chinois to remove any remaining solids.
3. Pour the gazpacho back into the blender and add the oil, vinegar, salt and NUTRILITE All Plant Protein if desired. Blend again.
4. Season the gazpacho to taste and add a dash of water to reach a thinner consistency if desired. Serve and enjoy!