



CUCUMBER DILL SPICY

a great whey use
2 large servings in 10 minutes

1 avocado
1 cucumber
2 tsp. dried dill
1 tsp. curry powder
1/8 tsp. cayenne (or to taste)
1 Tbsp. raw onion
1/2 raw garlic clove
2 C. kefir whey

Place all ingredients in Vita-Mix (or blender) and blend on high speed. Garnish with onion dill kefir cream cheese. Serve immediately hot or cold as a soup or smoothie. So refreshingly delicious.

