



Ken's Avocado Chicken Soup

There is not much of a recipe here...

- Make your favorite chicken soup recipe
- I suggest adding ginger for a nice added flavor.
- My sister recommends always leaving out the grain from this recipe and substitute it for veggies, especially green leafy veggies like kale or spinach.

What you will need in addition to your chicken soup:

- Avocados
- Chicken broth (homemade is preferred)

Instructions

- Add 2-4 oz. chicken broth and $\frac{1}{2}$ -1 avocado to a blender and blend until smooth.
- Add this blended avocado to your individual serving of chicken soup
- If you are looking to add the avocado to the entire batch of chicken soup, add as many avocados as needed to make this creamy twist to chicken soup.

Kim's Note:

The added fat from the avocados is great for individuals following a Keto or Paleo style food plan.

It is also good for those who struggle getting in their daily intake of fat or if you don't care for eating plain avocados.