



Creamy Avocado Soup with Shrimp and Pepitas

MyPlate2Yours - Lynn Dugan

Ingredients

3 to 4 avocados, halved and pitted
2-3 cups skim milk
1/4 teaspoon salt
1/8 teaspoon ground red pepper, or to taste
2 tablespoons freshly squeezed lime juice, from 1-2 limes; or to taste
1 cup small shrimp, cleaned
1 small lemon, quartered and seeded
1 cup pepitas (pumpkin seeds)
2 teaspoons chili powder
1/4 cup fresh cilantro leaves, coarsely chopped
4 teaspoons Greek yogurt

Directions

Prep garnishes:

Steam shrimp in steamer for 10 minutes with juice from 1 lemon. Cool in fridge.
Toast pepitas with 2 teaspoons chili powder in small skillet over medium heat until golden.

Prepare soup:

Spoon contents of avocado halves into blender. Add 2 cups milk, salt and red pepper; puree. Add up to 1 cup milk until desired consistency. *(at this point in the recipe, the soup can be covered and refrigerated for up to 4 hours)*. Stir in lime juice, taste and adjust salt/pepper, as needed. Serve immediately topped with shrimp, pepitas, a dollop of yogurt and cilantro. Enjoy!