

RECIPE

Blended Gazpacho

🕒 10 minutes / 1 serving

PACKED WITH VEGGIES, this chilled, fresh-flavored soup is deceptively filling thanks to bread and collagen peptides blended in, and crumbled feta on top.

INGREDIENTS

- 1 slice sourdough bread, chopped
- 1 medium tomato, chopped
- 1 mini cucumber, chopped
- ½ red bell pepper, chopped
- 2 tbsp chopped red onion
- 1 tbsp extra-virgin olive oil
- 1 scoop collagen peptides
- 1 small garlic clove, minced
- ½ tsp sherry or red wine vinegar
- 4 fresh basil leaves, chopped, divided
- 1 oz feta cheese, crumbled



INSTRUCTIONS

- 1 **PUREE** bread, tomato, cucumber, bell pepper, red onion, oil, garlic, vinegar, and half of basil in a blender until smooth.
- 2 **POUR** into a bowl and top with feta and remaining basil.

NUTRITIONAL INFO PER SERVING

CALORIES

401

PROTEIN

20 g

FIBER

3 g

CALCIUM

190 g