

GUAVA, TOMATO & WATERMELON COLD SOUP

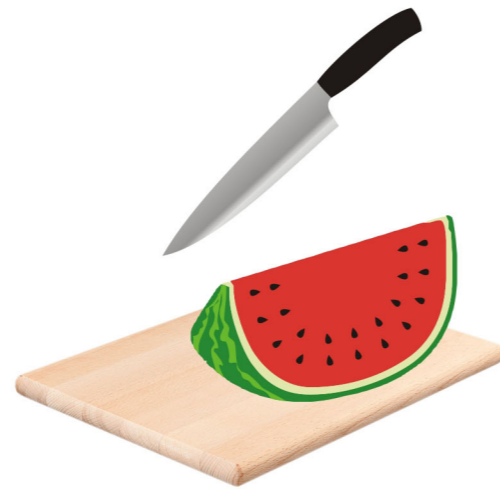
SPOSÓB WYKONANIA:

Ingredients for 4 servings:

- 250 g of guava purée (1 sachet)
- 3 large tomatoes (approx. 160 g)
- 2 ground cucumbers (approx. 80 g)
- 350 g of watermelon
- 2 cloves of garlic
- 200 ml of kefir or buttermilk
- salt, pepper to taste
- 1 small bunch of dill



1



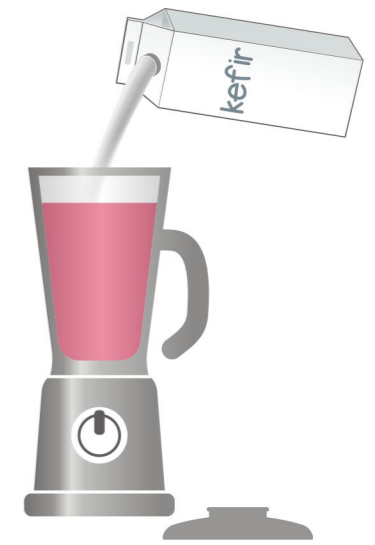
Get rid of the watermelon rind and seeds.

2



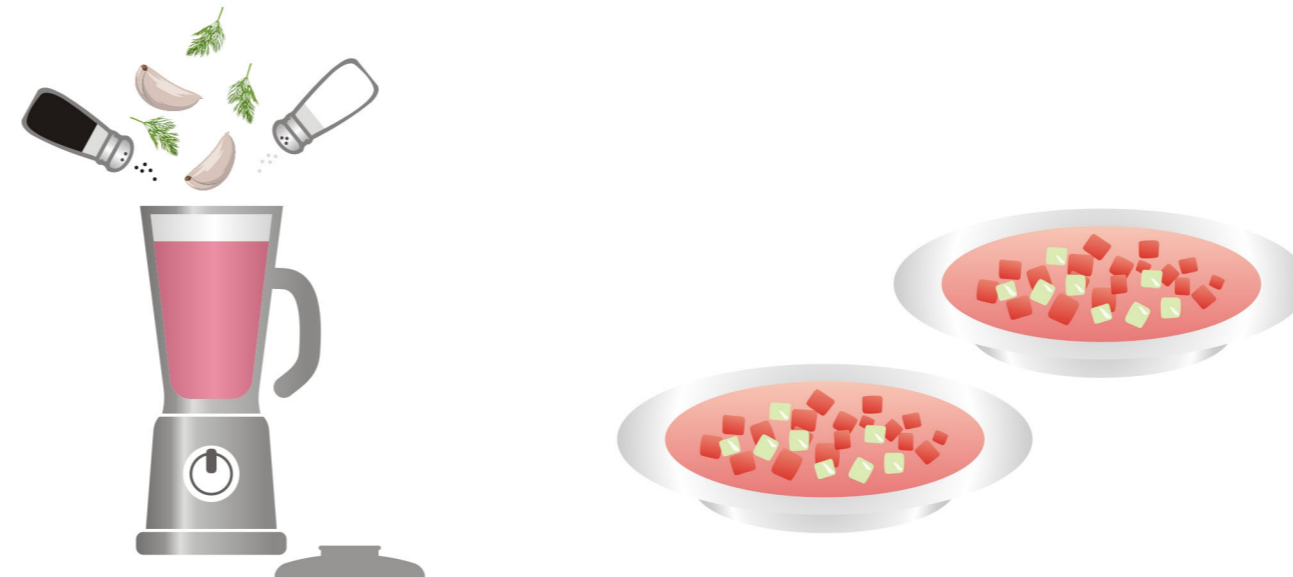
Blend with two tomatoes and guava purée.

3



Add kefir or buttermilk.

4



Season to taste with pepper, salt, squeezed garlic, tomato and cucumber diced into small pieces and chopped dill.

Nutrition info:

100 g
36 kcal

1 serving
163 kcal

Consume the prepared soup within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.