

# Summer Gazpacho

- Inspired by Tim Ferriss



Prep Time:  
20 mins.

Cook Time:  
30 mins.

Serves:  
2

## INGREDIENTS:

- 1 head of peeled garlic
- 1 (14oz) can diced tomatoes
- 1/2 (3.5oz) orange bell pepper (seeded)
- 1/2 (3.5oz) yellow bell pepper (seeded)
- 2/3 cucumber (peeled & seeded)
- 5 tbsp extra virgin olive oil
- 1/2 - 1 tsp Himalayan sea salt
- 3/4 tsp black pepper
- 2 tbsp balsamic vinegar

## TOPPINGS:

- Seasoned pepitas, about 3/4 tbsp per bowl

## DIRECTIONS:

1. Sauté 1 head of peeled garlic in 1 tbsp olive oil on low heat until fragrant and slightly golden in color.
2. To prepare the cucumber, peel the cucumber first, cut in 1/2 and using a demitasse spoon, or small spoon to scrape out the seeds, similar to how you'd scrape out cantaloupe seeds.
3. While garlic is cooking, add canned diced tomatoes, bell peppers, cucumber, remaining 4 tbsp olive oil, salt, pepper and balsamic vinegar to your vitamix blender, or similar blender.
4. Blend on medium speed so there is still some texture to the soup.
5. Once Garlic has turned a golden color, add all garlic and remaining olive oil to your blended ingredients and blend a second time on medium speed to incorporate the sautéed garlic.
6. Pour into two bowls and top with seasoned pepitas and serve.

