

ZUCCHINI SOUP

Ingredients:

- 1 c. water
- 1 tsp. chicken bouillon (5 calories, 1 net carb)
- 2 c. zucchini, raw (42 calories, 5.4 net carbs)
- 1 wedge Swiss Laughing Cow (35 calories, 1 net carb)

TOTAL: 82 calories, 7.4 net carbs

Directions:

Boil water in pot. Add chicken bouillon. Chop zucchini coarsely and add to pot. Simmer until zucchini is tender. Puree soup with immersion blender (smoothie blender works fine too). Add Laughing Cow wedge and whisk or blend until cheese is melted. Serve with meat of choice.