

## Pineapple Gazpacho

**Yield: 4-6 servings**

### **Ingredients**

- 2 cloves garlic, roughly chopped
- 2 cups tomato juice
- 1/3 cup red wine vinegar
- 1 peeled cucumber, cut into chunks
- 1 bell pepper (any color) seeded and cut into chunks
- 1 and ½ cups cubed pineapple
- ¼ cup olive oil
- 1 red onion, quartered
- Tabasco (to taste)
- Salt and pepper (to taste)
- 8 cocktail or grape tomatoes, quartered
- 2 stalks celery, grated
- 2 carrots, grated
- Plain coconut, soy or almond yogurt
- Parsley (optional)



### **Directions**

- 1) In a blender or food processor, add the garlic, tomato juice, vinegar, cucumber, bell pepper, pineapple, olive oil, onion, Tabasco, salt, and pepper. Blend until mostly smooth.
- 2) Pour into a large bowl. Add quartered tomatoes, grated celery, and carrots. Cover with plastic wrap and let chill in the fridge until ready to eat. To serve, dollop with plain yogurt and sprinkle with parsley. Serve chilled.