

Low-Point Creamy Avocado Soup with Jumbo Lump Crab

Ingredients:

- 3 avocados, peeled and cut into chunks (seeds removed)
- 2 cups chicken broth
- 2 Tbs fresh lemon juice
- 1/3 cup fresh cilantro
- 1/2 tsp. ground cumin
- 1 tsp. salt
- 1 tsp. Old Bay Seasoning
- 3 oz. jumbo lump crab

Combine all ingredients, except for crab meat, in a blender. Process until smooth. Spoon into bowls and add crab meat to each bowl. Enjoy immediately, or cover and refrigerate.

Total servings - 4 cups

Serving size - 1 cup

Total points per serving - 7

Total points plus per serving - 7

(only 3.5 for a half cup!)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Don't judge someone's story based on the chapter you walked into." - Anonymous