

## **Summer Pea Soup**

This easy soup recipe can be eaten hot or cold. I prefer hot and spicy!

4 cups frozen or fresh peas  
3 cups cold water  
6 medium to large shallots  
2 1/3 cups buttermilk  
1 Tbsp of spicy hot peppers  
1 tsp salt  
1 tsp cayenne pepper

Cook peas in boiling water for 12 minutes with spices and shallots. Puree in batches gradually adding buttermilk. Serve warm or cold. To substitute buttermilk; use soymilk and add 1 Tbsp of lemon juice or white vinegar.