

Gazpacho (cold tomato soup)

Brought to you Lucas Rockwood by [YOGABODY Naturals LLC](#)

Ingredients

3 ripe tomatoes, chopped
1/2 cucumber, peeled and chopped
1/2 bell pepper, chopped
1 Tbs apple cider vinegar
3 Tbs olive oil
beetroot (for color)
garlic and onion (optional)
sea salt
water (if needed)



Instructions:

Blend all your ingredients together, serve with fresh lemon and enjoy!

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LUCAS ROCKWOOD is a yoga teacher trainer, an author, and the founder of YOGABODY Naturals, an education and food supplement company that creates powerful yoga tools for real people.

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