Periodontal Power Gazpacho

SERVINGS: 4 - 6 PREPPING TIME: 15 - 20 MIN CHILLING TIME: 2 HOURS

Ingredients

- 1 can (15 oz) garbanzo beans, drained and rinsed
- 4 ripe tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 3 cups tomato juice
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- Salt and pepper to taste

Directions

1. In a blender or food processor, combine garbanzo beans, tomatoes, cucumber, red bell pepper, red onion, and garlic.
2. Blend until smooth.
3. Add tomato juice, olive oil, and red wine vinegar. Blend again until well mixed.
4. Season with salt and pepper to taste.
5. Chill in the refrigerator for at least 2 hours before serving.

This nutrient-rich gazpacho supports periodontal healing with antioxidants, anti-inflammatory agents, and essential vitamins. Garbanzo beans provide protein for tissue repair, while tomatoes, cucumber, red bell pepper, and red onion deliver antioxidants. Garlic adds anti-inflammatory benefits, and olive oil and red wine vinegar contribute healthy fats. This chilled soup strengthens the immune system, reduces inflammation, and promotes healing, making it ideal for post-surgery recovery.