

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

TOMATO SOUP WITH BASIL

RECIPE

Peel the tomatoes and cut them into quarters.

Blend all the ingredients in a mixer until you obtain a nice texture.

Chill for 1 hour.

Serve with a thin slice of toasted bread rubbed with garlic.



FOR 4 people

PREPARATION 5 minutes

- 1 lb. (500 g) red tomatoes
- 1 lb. (500 g) yellow tomatoes
- 1 clove garlic, peeled
- Juice of 1 lemon
- 2 Tbs. olive oil
- Basil