

THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

AVGOLEMONO SOUP

(Egg and Lemon Soup)

- 1) Make a very rich chicken stock-3 quarts + chicken meat, shredded
- 2) Squeeze juice from 3 lemons & strain.
- 3) Separate 8 eggs-whites from yolks.
- 4) In mixer, whip the egg whites until stiff.
Add the egg yolks & beat until well-blended.
Add the lemon juice to the egg mixture and mix thoroughly.
- 5) To egg/lemon mixture, slowly add hot chicken broth, 1 cup at a time until mixture well-blended.
- 6) Serve while hot.

June 2008