**Gazpacho**

Nutritional fats:

19kal fats

Preparation:

* Cut the bread in slices and let dip in water
* Peel the tomatoes, the peppers, the cucumber, the onion and the garlic, remove the seeds and cut in cubes.
* Mix them and mash with the electrical mixer
* Add the bread, oil, salt and vinegar
* Strain the mixture to eliminate the rest of vegetable skin
* Add water if it is necessary to obtain a texture of liquid cream
* Serve it cool

Time: 60min aprox.

Ingredients:

6 mature big and beefy tomatoes

2 green peppers

1 red pepper

1 cucumber

1 onion

1. (optional) clove of garlic

2 slices of bread

salt, olive oil, vinegar