

Chilled Melon Soup

Ingredients:

- 1 large cantaloupe cut into small cubes
- 2 tbsp. honey
- Juice of 3 limes
- 1/8 tsp. cardamom
- 2 large strawberries, sliced lengthwise (about 4 slices each)
- 4 mint leaves



Nutrition Facts

Serving Size 1 1/2 cups (340g)
Servings Per Container 3

Amount Per Serving

Calories 150 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 39g **13%**

Dietary Fiber 4g **16%**

Sugars 29g

Protein 2g

Vitamin A 170% • Vitamin C 200%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*DAIRY FREE



*SOY FREE



*GLUTEN-FREE

Directions:

1. Fill a wide, shallow container with cantaloupe and place in microwave.
2. Cook at 50% power for 2 minutes, or just until melon softens slightly.
3. Transfer cantaloupe to a blender or food processor. Add honey, lime juice and cardamom and blend until smooth.
4. Refrigerate until cold. Garnish with strawberries and a mint leaf.