

Cold Melon Soup

Budget-friendly recipe

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Serves: 8

Ready in: 15 mins.

Melons are a great source of vitamin A and has a 30% more beta-carotene than oranges. Try this refreshing soup on a warm day to cool down.



Ingredients

1½ cups Cantaloupe *cut in ½ cubes*
1½ cups Honeydew *cut in ½ cubes*
1½ cups Cantaloupe *coarsely chopped*
1½ cups Honeydew *coarsely chopped*
2 cups Fresh orange juice
3 tablespoons Honey
2 cups Sparkling water
2 tablespoons Fresh lime juice
1 cup Low-fat vanilla yogurt
Fresh mint leaves

What You'll Need

Cutting board
Sharp knife
Measuring spoon
Large bowl
Blender
Spoon

Directions

1. In a large bowl: add the cubed cantaloupe and honeydew.
2. In a blender: add coarsely chopped cantaloupe, 1 cup of orange juice, lime juice, honey and blend (only takes a few seconds).
3. Pour the blended mixture over the coarsely chopped melons in the large bowl.
4. In the same blender: add coarsely chopped honeydew and remaining 1 cup of orange juice and blend. (The melon is blended in two batches so that the blender doesn't overflow.)
5. Pour the blended mixture into the large bowl.
6. Stir in sparkling water, cover and refrigerate until ready to serve.
7. To serve, pour into chilled bowls and garnish with a spoonful of yogurt and a few mint leaves.

Chef Tips

Melons should be ripe.

For a creamy soup: add yogurt in the blender, during step 4.

For a refreshing drink, blend all of the melon in the blender.

Cut this recipe in half to save money.

Nutrition Info and more

Serving size: 1½ cups

Total calories: 120 Total fat: 0.5 g Carbohydrates: 28 g Fiber: 1 g Sodium: 45 mg