

Chilled Cantaloupe Soup with Mint

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/chilled-cantaloupe-soup.html>

Ingredients

- 4 cups cubed cantaloupe (about 1 large cantaloupe)
- 2 Tbsp. honey, or to taste
- 2 Tbsp. freshly squeezed lime juice, or to taste
- 1/8 tsp. ground cardamom, or to taste
- Sliced fresh strawberries, for garnish
- 1/4 cup whole fresh mint leaves, for garnish

Instructions

1. Put the cantaloupe in a wide, shallow, microwave-safe container. Heat melon in microwave on 50% power for 2 minutes, or just until the melon softens slightly. Transfer cantaloupe to a blender or food processor. Add honey, lime juice and cardamom and blend mixture until smooth. Transfer to a bowl. Cover and refrigerate for 1 to 2 hours, until cold.
2. Before serving, taste and add more honey, cardamom, or lime juice as needed. Garnish each serving with strawberry slices and mint leaves.

Makes 4 servings

Nutrition information per serving

Calories: 85	Dietary Fiber: 1 g
Total Fat: 0 g	Sodium: 27 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 g	Carbohydrates: 22 g