

Chilled Fruit Soup

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23051&news_iv_ctrl=1681

Ingredients

- 2½ cups diced cantaloupe, about ½ melon
- 2 Braeburn or Gala apples, peeled, cored and diced
- 1 cup green grapes
- ½ lb. strawberries, halved, or ½ of 10 oz. package of frozen strawberries
- ¼ cup sugar
- 2 Tbsp. fresh lemon juice
- 1 cup fresh blueberries, for garnish
- 1 cup fresh raspberries, for garnish
- 12 mint leaves, cut crosswise into thin strips for garnish

Instructions

1. In large saucepan, combine melon, apples, grapes, strawberries, sugar and lemon juice. Add 3 cups water. Bring to boil over medium-high heat. Cover, reduce heat and simmer until fruit is very soft, 12-15 minutes. Uncover and set aside to cool for 15 minutes.
2. Transfer contents of pot to blender. Wrap dishtowel around top of blender. Firmly pressing down blender lid, whirl soup until smooth. It will look creamy. Doing this in 2 batches may be necessary.
3. Pour soup into 1 large or 2 medium jars and let sit at room temperature until lukewarm. Refrigerate soup until well chilled, 6 hours to overnight. Just before serving, shake jar vigorously.
4. Divide soup among 6 wide, shallow bowls. For garnish, divide blueberries, raspberries and mint among the bowls. Serve immediately.

Makes 6 servings

Nutrition information per serving

Calories: 140	Dietary Fiber: 5 g
Total Fat: 0.5 g	Sodium: 15 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol:	Carbohydrates: 36 g

