

## Chilled Melon Soup

**Serves: 4**

### Ingredients

1 large cantaloupe, cut into small cubes (4-6 cups)  
2 Tbsp honey  
Juice of 3 limes

Pinch of cardamom  
Sliced fresh strawberries for garnish  
¼ cup whole fresh mint leaves

### Directions:

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

Before serving, taste and adjust seasoning if necessary with more honey, cardamom and/or lime juice. Garnish with strawberry slices and mint leaves.

**Makes 4 servings.**

**Per Serving:** 85 calories, 0 g total fat (0 g saturated fat), 22 g carbohydrate, 1 g protein, 1 g dietary fiber, 26 mg sodium.