

Chilled Cantaloupe Soup

A healthy sweet soup for a hot summer day.

Makes: 6 Servings
 Prep Time: 10 minutes
 Chill Time: 1 hour

Source: recipe modified from USDA Myplate

Ingredients

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 tablespoon lime juice (fresh)
- 1/4 teaspoon cinnamon (ground)

Directions

1. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
2. Cover with lid and blend until smooth. Transfer to large bowl.
3. Stir in lime juice, cinnamon, and remaining orange juice.
4. Cover, and refrigerate for at least one hour.
5. Serve chilled.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoon
- Blender or food processor



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	69
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	16 mg
Total Carbohydrates:	16 g
Dietary Fiber:	1 g
Total Sugars:	14g
Added Sugars:	0 g
Protein	1 g

SHOPPING LIST

Average total cost : \$6.54

Average cost/serving: \$1.09

Recipe Makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Cantaloupe



Add 1 to Cart
100% Orange Juice



Add 1 to Cart
Lemon or Lime Juice

Save Time, Save Money

My Cooking Notes

Cooking Tips

- Make sure to buy 100% no sugar added juice
- This cool, refreshing melon and citrus soup is perfect for a day when it is too hot to cook. Have it with a hearty, protein-filled sandwich on whole grain bread for a filling meal.
- Freeze extra orange juice in ice cube trays and use in smoothies or add in water to add some flavor to water.