

# Chilled Cantaloupe Soup

**Makes:** 6 servings

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.

## Ingredients

**1** cantaloupe (peeled, seeded, and cubed)

**2 cups** orange juice

**1 tablespoon** lime juice (fresh)

**1/4 teaspoon** cinnamon (ground)

## Directions

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

## Notes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>70</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0
<b>Sodium</b>	<b>15 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	1 g
Total Sugars	14
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Learn more about:

- [Cantaloupe](#)
- [Citrus Fruits](#)

**Source:** Arizona Nutrition Network, Champions for Change Recipes