



# Chilled Cantaloupe Soup

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## Ingredients:

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

## Directions:

1. Wash hands with soap and warm water. Wash fresh fruit before preparing.
2. Place cantaloupe and ½ 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.

## Nutrition Facts (Per Serving)

calories, 72; carbohydrate, 17 g; protein, 1 g; total fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 1 gm; total sugars, 16 g; sodium, 15 mg; calcium, 10 mg; folate, 20 mcg; iron, 0 g; percent of calories from fat, 0%.

Makes 6 servings.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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