
Chilled Cantaloupe Soup with Yogurt

My own concoction



Servings: 6

1. Cut cantaloupe into small pieces and place in blender.
2. Add sour cream, yogurt, honey, fresh mint, cinnamon and cloves and blend until completely smooth.
3. If time allows, chill overnight. Can be served as a soup (it has a thin consistency) or as a beverage/smoothie. If serving as a soup, garnish with mint leaves. If you prefer a thicker soup you could add half of a cucumber, peeled and seeded, which would give the soup more texture.

Per Serving (excluding unknown items): 103 Calories; 4g Fat (29.7% calories from fat); 3g Protein; 16g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

1 medium cantaloupe

1/4 cup light sour cream

1 cup Greek yogurt, full-fat, or low fat

2 tablespoons honey

1 tablespoon fresh mint leaves

1/4 teaspoon ground cinnamon

1 pinch ground cloves

Mint leaves for garnish

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>