Honeydew Melon Soup with Almonds (Chilled)

Loosely concocted from a handwritten list of ingredients from Willow Creek Restaurant, Evergreen, CO, 2015



1 whole honeydew melon, trimmed, seeds discarded, coarsely chopped
1/3 cup yogurt, full fat or 2%
1/3 cup light sour cream
1 pinch cayenne
1/4 cup fresh mint leaves, or basil (but not both)
1 tablespoon honey
1 tablespoon Champagne wine vinegar
1 pinch salt, and pepper if preferred
1/4 cup sliced almonds, toasted
Mint leaves for garnish (or basil if using basil in the soup)

Per Serving (excluding unknown items): 136 Calories; 4g Fat (24.5% calories from fat); 3g Protein; 25g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T"s Blog: tastingspoons.com

Servings: 6

NOTES: The restaurant used basil. I chose mint the day I made this. The cayenne was my addition. Sugar was on the list also - I used honey.

1. In a blender combine the melon, yogurt, sour cream, cayenne, mint leaves, honey and wine vinegar. Season with salt and pepper. Process until soup is completely smooth.
2. Pour into a container and chill for a few hours.
3. Pour into serving bowls or glasses and garnish with toasted almonds and a sprig of mint (or basil). Serve to raves.