

## **Soups & Chili**

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# **Chilled Watermelon Gazpacho**

Chef Lenore Pinello - The Kitchen, Tequesta, FL  
Palm Beach Post

**Servings: 4**

**4 cups watermelon, seeded and cubed**

**1/3 cup apple juice**

**2 tablespoons fresh lime juice**

**1 teaspoon chopped fresh mint**

**1/4 teaspoon ginger, minced or grated**

**1 tablespoon honey (optional)**

**1/3 cup plain nonfat yogurt**

In a blender or food processor, blend the watermelon, apple juice, lime juice, mint, ginger and honey (if desired) until smooth, stopping to scrape down the sides.

Cover and chill for one hour.

Serve in individual bowls with a dollop of yogurt.

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Per Serving (excluding unknown items): 72 Calories; 1g Fat (8.5% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fruit; 0 Non-Fat Milk; 0 Fat.