

Royal Blueberry Gazpacho with Lemon and Mint

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Servings: 5

Preparation Time: 12 minutes

Start to Finish Time: 2 hours 37 minutes

1 pound dark purple seedless grapes

12 ounces fresh blueberries

1/2 cup white grape juice

2 tablespoons honey

2 tablespoons lemon rind, grated

2 tablespoons fresh lemon juice

1/4 teaspoon salt

small fresh mint leaves (optional)

Remove the stems from the fruit. Rinse and pat dry with paper towels.

Place the fruit in a four-quart saucepan over medium-high heat.

Add the grape juice and honey. Bring to a boil. Reduce the heat to medium. Simmer for 15 minutes, stirring occasionally. Remove from the heat. Let stand for 10 minutes.

Place the blueberry mixture in a food processor. Process until almost smooth. Strain. Discard the solids. Chill for 2 hours.

Stir in the lemon rind, lemon juice and salt. Ladle about 1/2 cup into each of five chilled bowls.

Garnish with mint and additional lemon rind.

Per Serving (excluding unknown items): 84 Calories; trace Fat (2.6% calories from fat); 1g Protein; 22g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 113mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.