



Chilled Mango Cherry Soup with Kiwi

3 ripe mangoes, peeled and sliced (about 3 cups)
2 cups frozen pitted cherries, thawed
2 tablespoons lime juice (juice of 1 lime)
1 ½ cups water
½ cup fresh mint leaves
1-inch piece fresh ginger root, peeled and chopped
Pomegranate juice, to taste, optional
2 kiwi fruits, peeled and cut in to 8 slices

Place mango, cherries, lime juice and water in a blender. Puree until smooth. Add mint and ginger. Continue to puree until smooth. Strain through a sieve, discarding the pulp and strings. Leave as is or thin to desired consistency with pomegranate juice. Adjust seasonings to taste, adding more lime, ginger or mint, if desired. Chill until cold. When ready to serve, place equal amounts in four bowls. Garnish each serving with 2 slices of kiwi.

Makes 4 servings

Per Serving:

180 Calories

1g Total Fat (0g Saturated Fat)

44g Carbohydrates

4g Protein

8g Dietary Fiber

35mg Sodium