

Chilled Melon Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-winter-melon-soup-recipe>

Ingredients:

- 4 cups melon cantaloupe, crenshaw, tuscan, musk
- 6 tablespoons coconut cream or coconut milk
- 2 tablespoons sugar or sweetener of choice
- 1 teaspoon ginger juice
- 1 teaspoon lemon juice
- 1/4 teaspoon lemon zest
- 1/4 teaspoon pure vanilla extract
- 1 pinch sea salt
- 1/3 cup whole blanched almonds or slivered almonds
- 2 tablespoons sugar
- pinch sea salt big
- 2 tablespoons fresh mint minced
- 1 tablespoon lemon zest

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 35 grams
3. Fat: 14 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 7 grams
7. Sodium: 300 milligrams
8. Sugar: 28 grams

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