



# Chilled Watermelon Soup



Recipe from Chef Laurent of Fleur de Sal

## Ingredients



- 2 slices of white bread
- 1 ¼ cup of cold water
- 1 clove (1/2 t.) garlic
- 1 t. S&P mix
- 1/8 yellow onion chopped
- 1 t. smoked paprika
- 1 t. lemon juice
- 2 leaves of fresh mint
- 1 pound seedless watermelon (skin off and cut)

Yield: 4-6 servings  
Serving Size: 1 cup



## Directions

- Put all ingredients in a blender and turn on.
- Garnish with feta if you have it-ENJOY.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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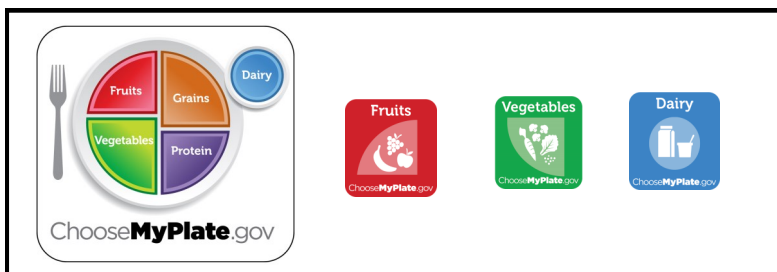
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# Fast Facts



## Featured Food Groups



## Nutrition Facts



<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (1g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.1g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Cooking Tips

- Garnish with feta, and watermelon chunks.
- Have extra water melon? Blend it and strain to make delicious and refreshing drink perfect for summer!

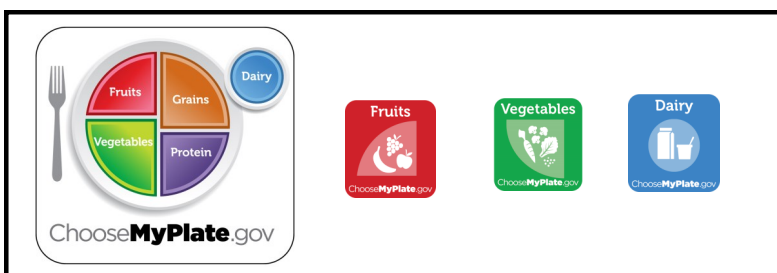
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