



Makes 5 cups
Preparation Time: 10 minutes
Cook Time: 2 hours 20 minutes

INGREDIENTS:

6 cups 1-inch pieces cantaloupe

½ cup unsweetened almond or rice milk

2 tablespoons lime juice

½ teaspoon grated fresh ginger

½ cup chopped, peeled, and seeded cucumber

Sea salt, to taste

2 tablespoons finely snipped fresh basil

Cantaloupe-Cucumber Soup

Fresh and sweet, this chilled soup makes a delicious dessert. We recommend using almond or rice milk, as both are thinner than other plant-based milk options, and they feature a slightly sweet taste that pairs well with the fruit in this dish. Looking for more refreshing, fruit-packed goodness? Check out our 15-minute [Summer Celebration Fruit Bowls](#).

By Carla Christian, RD, LD

- 1 In a blender combine cantaloupe, almond milk, lime juice, and ginger. Cover and blend until smooth. Add cucumber; cover and blend until smooth. Season with salt. Stir in basil. Cover and chill at least 2 hours (up to 5 hours).
- 2 Top servings with additional cucumber and basil.