

Garden Chef Chilled Cantaloupe-Mango Soup with Mint Syrup

Chilled cantaloupe-mango soup:

1	Ripe cantaloupe, rind removed and sliced
1	Ripe mango, peeled and sliced
1 Cup	Plain Greek yogurt
1	Lime, juiced
1 Tsp	Lime zest
1/4 Tsp	Sea salt

Simple syrup with fresh mint:

1 Cup	Sugar
1 Cup	Water
8-10	Mint leaves

Chilled cantaloupe-mango soup:

Blend all ingredients together in a blender or food processor. Chill completely.

Simple syrup with fresh mint:

Put sugar and water into medium saucepan. Heat slowly until sugar dissolves. Cook for 4-5 minutes at medium heat. Remove from burner and add mint leaves. Let stand for 15-20 minutes. Remove mint and refrigerate.

To serve soup:

Pour chilled soup into individual bowls. Place a dollop of yogurt on the top. Drizzle mint syrup over soup. Add mint leaves to garnish.



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Amanda Dew Manning