

MELON CITRUS GAZPACHO

by Dr Heleen Roex



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My family always serve this as part of our Christmas feast!

A refreshing healthy starter in summer or an in-between palate cleanser, packed with vitamins C and A.

Ingredients

- 1kg rockmelon or other melon, peeled and diced
- ½ tbsp fresh ginger, minced
- Juice of 2 oranges
- Juice of 2 limes
- Fresh mint leaves to garnish

PREP TIME: 5 MINS

TOTAL TIME: 1H 10MINS

SERVES: 6

Directions

1. In a high-powered blender, combine melon, minced ginger, orange juice, and lime juice.
2. Blend for 2 minutes or until completely smooth. Pour into a bowl and chill in the refrigerator for 1 hr.
3. Spoon into 6 small bowls and garnish with mint leaves.

Notes:

If you don't have limes on hand, freshly-squeezed lemon juice can be swapped in.

This soup can be made up to 24 hours in advance and kept in the fridge. The citrus will keep it from oxidizing. Also suitable for freezing.

Inspired by a recipe from dietitian [Julieanna Hever](#)

Dr Heleen Roex is a paediatrician (non practising), educated in the Netherlands. She holds a Certificate in Plant-Based Nutrition through eCornell University and runs courses as a qualified Food For Life instructor with PCRM. She co-founded Doctors For Nutrition in 2018 with Lucy Stegley, and is chair of the Board of Directors.

