

Watermelon Gazpacho

Recipe Courtesy of Healing the Vegan Way

Yield: 5 cups gazpacho

Prep time: 15 minutes, Total time: 15 minutes

Serving size: 1 cup, Number of servings: 5

6 cups chopped watermelon (1-inch cubes)

1/2 cup water or coconut water

1/4 cup freshly squeezed lime juice

1/2 teaspoon seeded and diced jalapeño pepper

1/2 teaspoon chili powder or Mexican spice Mix (page xx)

1/4 teaspoon chipotle chile powder

Pinch of sea salt

3/4 cup seeded and diced cucumber

3/4 cup peeled and diced jicama

1 tablespoon plus 1 teaspoon finely chopped fresh cilantro

1. Place the watermelon, water or coconut water, lime juice, jalapeño, chili powder, chipotle chile powder, and salt in a blender and blend well.

2. Add the remaining ingredients and stir well before serving.

Nutrition Facts per serving (237 g): Calories 69, Fat Calories 3.3, Total Fat 0.4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 39.4 mg, Total Carb 17.4 g, Dietary Fiber 1.9 g, Sugars 12.3 g, Protein 1.5 g