

BLUEBERRY WATERMELON GAZPACHO



NUTRIENTS PER SERVING:

CALORIES: 197

FAT: 8 g

CARB: 32 g

PROTEIN: 4 g

Serves 4

INGREDIENTS:

- 5 cups seedless watermelon, finely chopped
- 1 cucumber, peeled, seeded and finely chopped
- 1½ cups fresh blueberries, washed and drained
- 1/3 cup red wine vinegar (or fruit-infused vinegar)
- 1 small jalapeño pepper, seeded and minced
- ½ medium red onion, chopped
- ½ yellow bell pepper, finely chopped
- ½ cup fresh cilantro, chopped
- Coarse sea salt and freshly ground black pepper (optional)
- 1 ripe avocado, thinly sliced (slice when ready to serve)

INSTRUCTIONS:

Purée 4 cups of seedless watermelon, half of the cucumber, blueberries and vinegar in a blender or food processor until smooth. Add jalapeño, red onion, yellow pepper and all but 1 tbsp of cilantro and run blender for a few more seconds to combine and purée.

Mix in remaining watermelon and cucumber. Add sea salt and pepper to taste. Store in fridge for up to 5 hours, which enhances the flavors.

Garnish with remaining cilantro and slivers of avocado before serving.