

Mango Cucumber Soup

Rating: ★★★★★

Prep time: 30 minutes

Makes: 4 Servings

Sweet, ripe mangoes are the basis for this refreshing and quick chilled summer soup. It's a no-stove recipe that's perfect when outdoor temperatures rise.

Ingredients

- 2 ripe mangoes (divided)
- 1 English cucumber (divided)
- 2 **tablespoons** chopped onion
- 1 jalapeño pepper, finely diced (optional)
- 1 lime, juiced
- 1/2 **cup** water
- 2 **-6 oz.** containers plain, non-fat Greek yogurt
- 1/4 **cup** fresh chopped cilantro

Directions

1. Cut all but one half of mango into chunks, removing peel and pit; chill remaining mango half for use with garnish.
2. Slice off 1/4 of the cucumber and chill for use with garnish. Coarsely chop remaining 3/4 of the cucumber.
3. Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with lime juice and water. Purée until smooth.
4. Blend in yogurt. Chill until ready to serve.
5. About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	0.5 g	1%
Protein	11 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	45 mg	2%

MyPlate Food Groups

Fruits	1 cup
Vegetables	3/4 cup
Dairy	1/2 cup

cilantro. To serve, top bowls of soup with garnish.

Notes

Serving Suggestions: Serve with a glass of 100% apple juice.

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