

WATERMELON GAZPACHO

Time: 15 minutes

Serves: 4

Ingredients:

- 3 cups watermelon – cubed
- 2 cups cucumber – peeled and diced
- ¼ cup red onion – small dice
- 2 tablespoon extra-virgin olive oil
- 1 tightly packed tablespoon mint – chiffonade (plus extra for garnish)
- 1 tablespoon serrano or other hot pepper – finely chopped
- 1 teaspoon balsamic vinegar
- 1 pinch fresh ground black pepper
- ¼ teaspoon kosher salt
- ¼ cup feta cheese - crumbled

Preparation:

Place all ingredients except the feta in the jar of a blender. Blend until well combined.

Chill for at least one hour or up to a day prior to serving.

Serve in bowls garnished with the feta cheese and additional mint.

Nutritional Information Per Serving:

- Calories: 140
- Fat: 9g
- Carbs: 14g
- Fibre: 1g
- Protein: 3g