

# Fruit Gazpacho

**MAKES 6 SERVINGS**

• **Preparation time: 15 minutes / Chilling time: 1 hour**

**Eileen Campbell**

3 cups	finely diced fruit	750 mL
6 cups	tropical fruit juice	1.5 L
6	small scoops fruit sorbet (mango, raspberry or orange)	6
6	fresh mint sprigs (optional)	6

*This refreshing summer dessert is easy to make and has a stunning presentation. Have your family choose their favorite fruit, juice and sorbet every time you make it. Fruit is the ultimate healthy dessert, and this one is a crowd pleaser.*

1. In a large bowl, combine diced fruit and fruit juice. Cover and refrigerate for at least 1 hour to allow flavor to develop.
2. Divide fruit gazpacho among 6 shallow bowls. Garnish each serving with a scoop of sorbet and a sprig of mint, if desired.

 **KID APPROVED**

## **TIP**

Pick fresh fruits of your family's choice to dice. Mango, pineapple, strawberries, whole blueberries, watermelon and kiwi all work well. Do not choose fruits that brown easily, such as apples, pears or bananas.

## **NUTRIENTS Per Serving**

Calories: 186	Carbohydrate: 44.9 g	Calcium: 33 mg
Fat: 0.2 g	Fiber: 1.6 g	Iron: 0.3 mg
Sodium: 12 mg	Protein: 0.6 g	

**Very high in:** Vitamin C • **High in:** Folate

## **Diabetes Food Choice Values Per Serving**

3 Carbohydrates