

Cantaloupe Cashew Soup with Tony and Peter Capozzi



Ingredients:

1 whole cantaloupe, cut into chunks	1/2 t Kosher salt
1/3 C almond milk (unsweetened, unflavored)	2 T fresh mint, chopped
Raw cashews (soaked)*	

Directions:

In blender, add almond milk, cantaloupe, cashews, salt, and mint. Put lid on blender. Blend on high until smooth. Chill in refrigerator for 1 hour before serving. Garnish with fresh mint.

*soak raw cashews in water overnight (10-12 hours) in the refrigerator, prior to using them in this recipe

Super creamy. Super healthy. Super-fast.