

## Mango Gazpacho



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor  
large mixing bowl

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### Recipe:

### Contributed By:

John Lara  
Personal chef to former U.S. President  
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### Recipe Description:

Bring the taste of summer to your table. This unique twist provides a fresh and nutritious translation of this tasty cold soup classic.

½ cucumber, seeded and strung, use Cone #2  
¼ red onion, strung, use Cone #2  
½ zucchini, strung, use Cone #2  
½ yellow squash, strung, use Cone #2  
½ red bell pepper, finely diced  
1 teaspoon  
garlic, shredded, use Cone #1  
(3  
g)  
1 mango, seeded and chopped  
sprig of mint for garnish (optional)

### Directions:

1. In a large mixing bowl, combine all ingredients through cayenne pepper. Refrigerate.
2. Just prior to serving add tomato and mango.

### Nutritional Information per

#### ▼ Serving

**Calories:** 172  
**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 177mg  
**Total** 42g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 30g  
**Protein:** 2g

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