

Summer Fruit Soup

Serves: 8 servings



1 tablespoon minced ginger
3 cups chopped strawberries
2 cups chopped pineapple
1 1/2 cups chopped mango
2 pieces lemon peel
2 pieces lime peel
2 pieces orange peel
4 cups water
1 1/2 cups sugar
1/4 cup fresh orange juice
2 tablespoons fresh lemon juice
2 tablespoons fresh lime juice
1 cup blueberries

Saute the ginger in a medium pot over medium-high heat until fragrant, about 2 minutes (no oil is necessary.) Add 2 cups strawberries, 1 cup pineapple, 3/4 cup mango and the lemon, lime and orange peels; cook for another 2 minutes. Add water, sugar and fruit juices and bring to a simmer, stirring occasionally. Simmer for 5 minutes and remove from the heat. Allow mixture to cool slightly and then transfer in batches to a blender or food processor. Puree and strain into a large bowl. Add remaining 1 cup strawberries, 1 cup pineapple, 3/4 cup mango and blueberries. Stir to combine, cover and refrigerate until well chilled. Serve with mint sprigs for garnish.