

Apricot Cherry Fruit Soup



I made this at a private party I personally chefed for, and everyone was astounded that it only had three ingredients. It's really quite simple, yet elegant

and it's perfect for early summer when cherries and apricots are at the peak of their harvest.

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Makes four servings

8-10 oranges
2 C cherries
8 apricots

Cut off just the orange peel of the oranges, leaving as much white as possible. This will make your juice much creamier. Juice the oranges in an electric juicer. You should get approximately one quart from this, although it depends a lot on the size and variety of your oranges. Put the juice in the fridge to chill. Pit the cherries and halve them. Cut the apricots in half and discard the seeds. Slice the halves in 3-4 thick slices. When the juice is chilled, divide into four soup bowls. Add a quarter of the cherries and apricots to each bowl. Stir just a little, so the cherry juice mingles with the orange juice. Serve with sprigs of mint for garnish. This makes a

perfect appetizer dish or first course for a summer meal.

Note: If you don't have an electric juicer, you can certainly use a handheld citrus juicer. It will just take more elbow grease.

what's healing about this recipe:

Cherries, as their color might suggest, are a great source of vitamin A. They are also a good source of manganese and potassium. Some studies have found that people who eat potassium rich foods such as cherries, actually have lowered blood pressure.

Cherries are also one of the best fruit sources of polyphenols which are a new class of nutrient that we've been learning more and more about. So far, the research has pointed to the anti-inflammatory, anti-cancer, and antioxidant properties. Cherries also contain anthocyanin cyanidin which preliminary studies show may prevent genetic mutations that can lead to cancer and keep cancer cells from growing out of control.

Apricots are good sources of both vitamin C and vitamin A, but perhaps are most notable for the soluble fiber they contain. Soluble fiber is one type of fiber that can keep cholesterol levels balanced at a healthy level. Apricots are also rich in carotenoids

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which researchers believe may protect eyesight from age-related damage.

That's enough to make me want to go make some right now! Enjoy!

<http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1867/2>

http://www.eatingwell.com/nutrition_health/nutrition_news_information/cherry_nutrition_benefits?page=4

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=3>

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