

# Melon Burst Blend

*(popsicles, smoothie, shaved ice)*

PREP TIME: 5 MINS

YIELDS: 2 CUPS

## Ingredients

- 1 cup cantaloupe
- 1 cup honeydew
- 1 cup watermelon

## Qualities

Texture: Liquid

Rating for Scent : 0/10

Spice Level: 0/10

## Benefits

- Anti-inflammatory
- Hydrating

## Nutrition Content for 1 Recipe

Calories: 153kcal

Fat: 0.7g

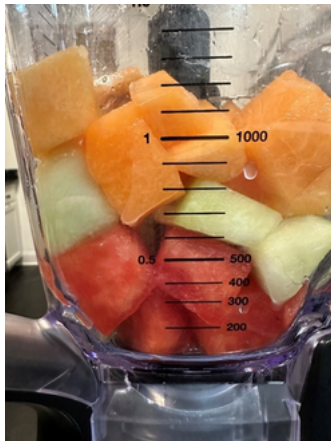
Protein: 3g

Sodium: 60.9mg

Carbohydrates: 37.8g

Fiber: 3.4g

Added sugar: 0g



## Directions

1. Blend all together, then serve as a smoothie, create popsicles, or shaved ice.

## Chef Tips/Adjustments

- Add plain yogurt to this recipe to create a smoothie option.
- Choice of melons can be adjusted as desired (e.g., all watermelon or all cantaloupe).
- Shaved ice can be made by freezing the smoothie mixture in an ice cube tray, then blending the frozen cubes into ice (freeze or serve immediately after blending or it will melt quickly).

