

Cantaloupe Cooler

Recipe courtesy of www.morematters.com

This quick and easy cooler is easy to make... and you can get the kids to help!

Preparation time: 10 minutes

Serves: 8

Cups of Fruits and Vegetables per Serving: $\frac{3}{4}$

Nutritional Information per Serving

Calories: 70

Total Fat: 0g

Saturated Fat: 0g

% of Calories from Fat: 0%

Protein: 1g

Carbohydrates: 17g

Cholesterol: 0mg

Dietary Fiber: 1g

Sodium: 20mg

Ingredients:

1 ripe cantaloupe, cubed

2 $\frac{1}{2}$ cups (20 oz) 100% orange juice

2 Tbsp sugar

Crushed ice

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with $\frac{1}{2}$ cup orange juice until smooth.
3. Pour puree into pitcher and stir with the remaining orange juice and sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice. Serve.

Credit: Recipe Courtesy of the California Department of Health Services



Serving Size 1 cup, cubed (177.0 g)

Nutrition Facts Amount Per Serving

Calories 60 Calories from fat 3

% Daily Value 1

Total Fat 0.3g 1%

Sat. Fat < 0.1g 0%

Polyunsat. Fat **0.1g**

Monounsat. Fat **0.0g**

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbs. 14.4g 5%

Dietary Fiber 1.6g 9%

Sugars 13.9g

Protein 1.5g

Vitamin A 120% Vitamin C 108%

Calcium 2% Iron 2%



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* Based on a 2000 calorie diet