



Melon Cooler

Serving Size: 1 cup

Yield: 3 Servings

Ingredients:

- 2 cups cantaloupe, cubed
- 1 cup low-fat lemon yogurt
- 1 cup orange juice



Directions:

1. Blend all ingredients until smooth.
2. Refrigerate leftovers within 2-3 hours

Tip: This drink tastes best chilled.

Tip: Try substituting honeydew or watermelon for cantaloupe.

Flavor booster: lemon juice

Flavor booster: frozen berries

Nutrition Facts: Calories 120; Calories from fat 10; Total fat, 1.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 22mg; Sodium, 75mg; Total Carbohydrate, 22g; Fiber, 1g; Protein, 5g; Vitamin A, 80%; Vitamin C, 130%; Calcium, 15%; Iron, 2%.

Source: Oregon State University Extension Service, www.foodhero.org



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