

Cantaloupe Delight Drink



Ingredients:

- 1 ripe cantaloupe
- 2 1/2 cups 100% orange juice
- Ice, crushed

Directions:

1. Cut melon in half and scoop out the seeds. Carefully remove the rind and discard.
2. Cut melon into cubes.
3. In a blender, blend melon cubes with orange juice until smooth.
4. Pour into cups filled with crushed ice.
5. Serve immediately

Makes 8 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>