

Cantaloupe Crush

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=18&cId=11&rId=264>

Ingredients

- 1/2 cantaloupe
- 1 cup fat-free (skim) milk
- 1 1/2 cups ice
- Sweetener as needed (about 1-2 tsp. sugar or other sweetener)

Instructions

1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste. Serve.

Makes 4 servings. Yield: 1/2 cup each.

Nutrition information per serving.

Calories: 50	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 40 mg
Saturated Fat: 0 g	Protein: 3 g
Cholesterol: 0 g	Carbohydrates: 10 g