

Melon Lime Cooler

From the University of Illinois Extension

<http://urbanext.illinois.edu/fiesta/recipe.cfm?lang=en&id=379>

Ingredients

- 1 cantaloupe melon
- 1 tablespoon chopped mint leaves
- 4 tablespoons lime juice
- Ice cubes

Instructions

1. Cut cantaloupe into wedges and scrape seeds out. Slice skin off and cut into chunks.
2. Blend on purée in blender with lime juice and mint leaves.
3. Pour the juice over ice cubes in glasses.

Makes 3 servings

Nutrition information per serving

Calories: 54
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 12mg
Carbohydrates: 13g
Protein: 1g
Sodium: 20mg
Dietary Fiber: 1g

