

Fresh Melon Quenchers

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Preparation Time: 10 minutes

TO PUREE' THE MELON: Start with about one pound of melon. Remove the rind and seeds. Cut the melon into cubes and transfer to a blender or food processor. Cover and blend or process. If needed, stop the motor and gently press the fruit down into the blades with a rubber spatula. Remove the spatula, cover and continue to blend or process until smooth.

1 1/2 cups cantaloupe, honeydew or watermelon, pureed

3 ice cubes

1 tablespoon honey

1/8 teaspoon grated ginger

plain low-fat yogurt

additional honey

lime peel (optional), shredded

plain sparkling water, chilled

additional wedges of melon

In a blender container, combine the melon puree', ice cubes, honey, ginger and one or two teaspoons of yogurt.

Blend just until the mixture is frothy and smooth.

Pour into a serving glass. Add additional honey to adjust sweetness, if desired.

Stir in the lime peel, if desired.

Add sparkling water to fill the glass.

Serve immediately with melon wedges or chunks of melon on skewers.

Yield: 16 ounces

Per Serving (excluding unknown items): 64 Calories; 0g Fat (0.0% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Other Carbohydrates.