

Dessert

Cantaloupe Shaved Ice

Try-Foods International - Apopka, FL

Servings: 4

Start to Finish Time: 10 minutes

4 cups (one medium) cantaloupe, cubed
1 can (6 ounces) frozen lemonade concentrate
1 to 2 teaspoons powdered sugar (optional)
sweetened coconut flakes (optional)
fresh mint leaves (optional)

In a food processor bowl, combine the cantaloupe and lemonade concentrate. Process until smooth. Sweeten to taste with powdered sugar, if desired.

Pour the cantaloupe mixture into an 11x7-inch glass baking dish. Freeze for 30 minutes.

Remove from the freezer. Stir the mixture. Return to the freezer for 30 minutes more.

Remove and scrape the mixture with a fork to form shaved ice. Return to the freezer. Repeat the freeze/scrape process until the ice is slushy but not completely frozen, about 3 to 4 hours.

Spoon the shaved ice into bowls or chilled dishes. Top with the coconut and mint, if desired, and serve immediately.

Per Serving (excluding unknown items): 193 Calories; 2g Fat (6.4% calories from fat); 5g Protein; 46g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 50mg Sodium. Exchanges: 3 Fruit.