

# 5 A Day Recipes

## Orange Recipes

### Cantaloupe Slush with Mango

#### Serves 4

A refreshing dessert or snack, this provides each person with more than three servings of fruit.

- 1 medium-sized cantaloupe
- Juice of half a lemon
- 2 teaspoons honey
- 1 mango

Peel and seed cantaloupe. Cut into 1-inch pieces. (It should equal about 6 cups.) Place in blender or food processor with lemon juice and honey, and puree until very smooth. Pour mixture into a shallow 9x12 glass pan and set in the freezer for two hours.

With a fork, chip and stir the icy mixture and return it to the freezer for two to four hours.

Peel and cut mango into long, thin, attractive slices, avoiding the pit (which is shaped like a large almond). Again with a fork, chip the frozen cantaloupe mixture so it resembles a snow cone or shaved ice. Spoon it into clear bowls, and top with mango slices. Serve.

#### Nutritional Analysis per serving:

144 calories  
37 grams carbohydrate  
3 grams protein  
0.5 grams fat  
0 grams saturated fat  
0 milligrams cholesterol  
63 milligrams sodium  
5 grams fiber  
3% calories from fat  
0% calories from saturated fat  
3 "5 A Day" servings