

5 A Day Recipes

Desserts

Melon with Blueberries

Serves 6

- ½ cantaloupe
- 2 cups watermelon cubes
- 2 Tbsp. honey
- 2 Tbsp. melon or orange liqueur (optional)
- ½ honeydew melon
- 1 cup blueberries
- 2 Tbsp. lemon juice
- fresh mint leaves

Cut cantaloupe and honeydew melon into cubes or balls. In glass serving bowl, combine cantaloupe, honeydew, watermelon, and blueberries. In small dish, combine honey and lemon juice; stir until mixed. Blend in liqueur (if using).

Pour over melons; toss to mix. Cover and refrigerate until serving time. Serve in stemmed glasses and garnish with mint. Serve at room temperature.

This is an official 5 a Day recipe, and provides six people with one serving of fruit each.

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Nutritional Analysis

Calories: 120

Fat: 1 g

Cholesterol: 0 mg

% Calories from Fat: 7%