



July 10- Melon Swizzlers

Smart Snack

Link: <http://www.recipe.com/melon-swizzlers/>

Recipe

Ingredients:

½ whole cantaloupe

½ whole honeydew

¼ whole seedless watermelon

Directions:

1. Using a melon baller, make about 20 melon balls from each fruit. Thread five on a plastic straw, alternating colors. Repeat with remaining melon.

Yield 12 servings

Nutrition Facts

Serving Size 1 straw
Servings Per Container 12

Amount Per Serving

Calories 45 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 10g **3%**

Dietary Fiber <1g **3%**

Sugars 9g

Protein <1g **2%**

Vitamin A 30% • Vitamin C 45%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.