



June 9- Melon and Mint

Not Smart Snack

Link: <https://www.foodhero.org/recipes/melon-and-mint>

Recipe

Ingredients:

- 1 Tablespoon lime juice
- ¼ cup fresh mint leaves
- 2 Tablespoons brown sugar
- 3 cups watermelon cubes
- 3 cups honeydew cubes

Directions:

1. Blend lime juice, mint leaves and brown sugar together in a small food processor.
2. Place melon cubes in a bowl. Drizzle dressing over melon and toss gently.

Yield 8 servings

Nutrition Facts	
Serving Size 3/4 cup (128.35g)	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber <1g	3%
Sugars 11g	
Protein <1g	1%
Vitamin A 8%	Vitamin C 30%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	