



May 23- Frozen Melon Kabobs

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2690362>

Recipe

Ingredients:

4 cups honeydew, cantaloupe, and watermelon balls
10 wooden skewers

Directions:

1. Use a melon baller to scoop out balls of your favorite fruit.
2. Thread on wooden skewers, then freeze on a baking sheet.
Serve frozen.

Yield 10 servings

Nutrition Facts

Serving Size 1 kabob (69.2g)
Servings Per Container 10

Amount Per Serving

Calories 25 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 2%

Sugars

Protein <1g 1%

Vitamin A 25% • Vitamin C 8%

Calcium 0% • Iron 0%

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