Week 2: Melon Chilled Fruit Soup

Recipe
Takes 15 minutes
Makes 5 servings

In a blender or food processor, blend cantaloupe, peaches, orange juice and honey. Thread the melon balls onto the toothpicks or skewers. Portion the soup into 5 clear cups or bowls, top with 2 melon ball skewers.

YOU WILL NEED:
cutting board
knife (adults only)
1 cup measure
table spoon measure
ladle
blender or food processor
cups or bowls
melon ball scoop (optional)
spoons

Ingredients
For 5 servings

2 cups cantaloupe (or any melon) chunks
2 tablespoons honey
1 cup peach chunks
1 cup 100% orange juice
1 cups melon balls (or small chunks)
10 toothpicks or bamboo skewers

Preparation
In a blender or food processor, blend cantaloupe, peaches, orange juice and honey. Thread the melon balls onto the toothpicks or skewers. Portion the soup into 5 clear cups or bowls, top with 2 melon ball skewers.
DIRECTIONS
1. Fill in the blank in the bubble.
2. Draw muscles on the stick figure

Potassium in melons helps me flex my ______________!