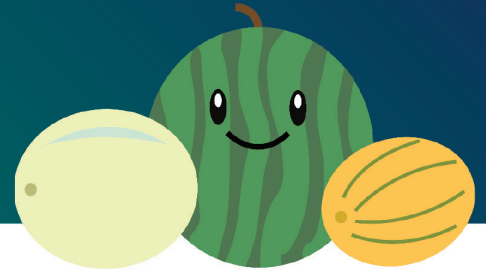


Week 2: Melon Chilled Fruit Soup

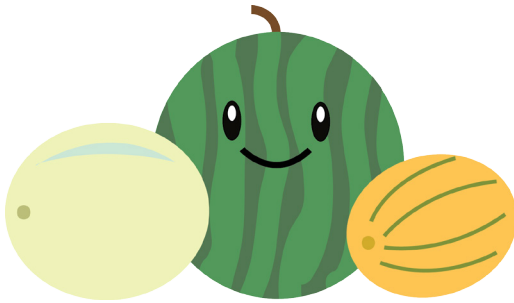


Recipe
Takes 15 minutes
Makes 5 servings

YOU WILL NEED:

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

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)

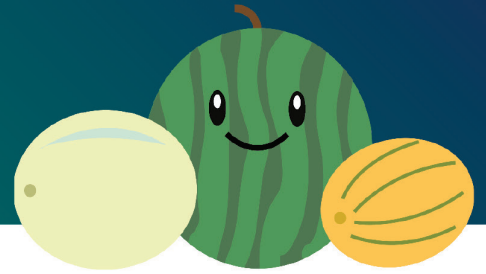


10 toothpicks or
bamboo skewers

Preparation

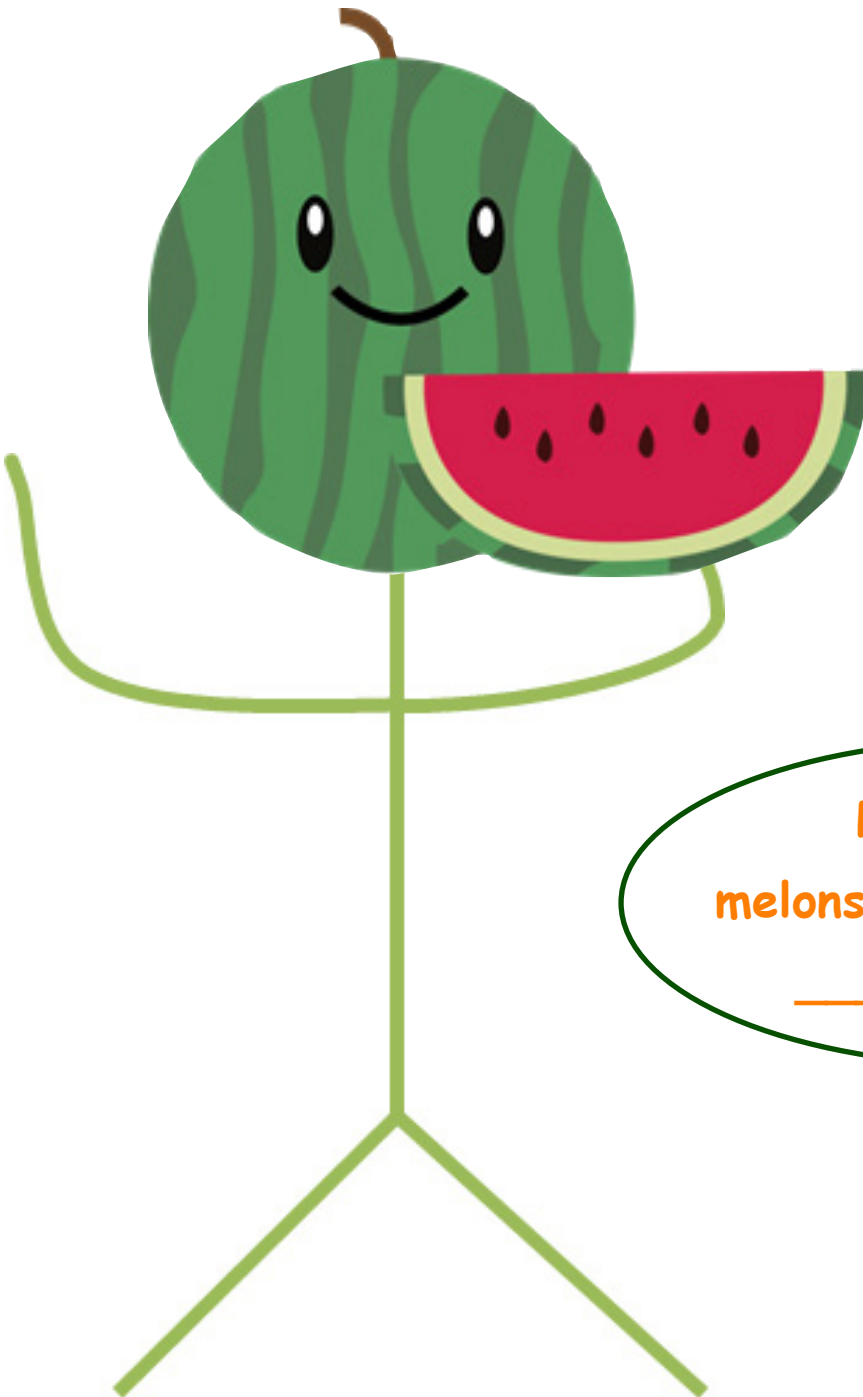
In a blender or food processor, blend cantaloupe, peaches, orange juice and honey. Thread the melon balls onto the toothpicks or skewers. Portion the soup into 5 clear cups or bowls, top with 2 melon ball skewers.

Week 2: Melon Chilled Fruit Soup



DIRECTIONS

1. Fill in the blank in the bubble.
2. Draw muscles on the stick figure



Potassium in
melons helps me flex my

_____!

