

Recipe

Fresh Melon Quencher II

By

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Ingredients

- 3 ice cubes
- 1 cup cantaloupe, chunks
- ¼ tsp fresh ginger, grated
- ¼ tsp lemon zest
- ¼ cup water
- 3 tbsp yogurt
- 1 tsp honey

Preparation

1. In blender container combine melon chunks, ice cubes, ginger, yogurt, lemon zest, water, and honey. Blend just until mixture is smooth.
2. Serve with melon skewers.
3. *You can use water melon, honeydew, instead of cantaloupe.

Serves

1 serving

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