

# RECIPE

## Cantaloupe Slush With Mango

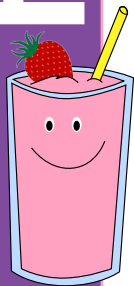
Start to Finish: 4 hours 20 minutes Servings: 4

### Ingredients:

1 medium-sized cantaloupe  
Juice of half a lemon  
2 teaspoons honey  
1 mango

### Directions:

1. Peel and seed cantaloupe. Cut into 1 inch pieces. (It should equal about 6 cups.)
2. Place in blender or food processor with lemon juice and honey, and puree until very smooth.
3. Pour mixture into a shallow 9 x 12 inch glass pan and set in the freezer for two hours.
4. With a fork, chip and stir the icy mixture and return it to the freezer for two to four hours.
5. Peel and cut mango into long, thin, attractive slices, avoiding the pit (which is shaped like a large almond).
6. Again with a fork, chip the frozen cantaloupe mixture so it resembles a snow cone or shaved ice.
7. Spoon it into clear bowls, top with mango slices and serve.



### Nutrition Information Per Serving:

90 Calories; 0 g Total Fat; 0 g Saturated Fat; 0 mg Cholesterol; 1 g Fiber; 25 mg Sodium;  
23 g Carbohydrates; 20 g Sugar; 1 g Protein