

Beverage

Melon Slush

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Servings: 4

5 ice cubes, slightly crushed
4 cups ripe cantaloupe, cubed
1/4 cup fresh orange juice

Place the crushed ice in a blender.

Add the melon and orange juice.

Blend until slushy smooth, about 10 seconds.

Serve the slush immediately in glasses.

Garnish with slices of melon on the side.

Per Serving (excluding unknown items): 7 Calories; trace Fat (3.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit.