

Cantaloupe Cooler

Yield 8 servings

Ingredients

1	cantaloupe (ripe)
2 1/2 cups	orange juice (cold)
2 tablespoons	sugar (granulated)
	ice (crushed)

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Cost

Per recipe: \$2.20

Per serving: \$0.27

Source

California Department of Health Services, [Celebrate Health with a Lowfat Fiesta California Project LEAN](#)

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Facts

Serving Size 1/8 of recipe (210g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 18g **6%**

Dietary Fiber 1g **4%**

Sugars 17g

Protein 1g

Vitamin A 45% • Vitamin C 40%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4