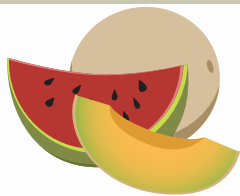


Fruit



Chicken Dawg's Cool Melon Salad

A great
summer
snack!



Ingredients:

- 1 cup cantaloupe balls
- 1/2 cup honeydew melon balls
- 1/2 cup watermelon balls
- 2 tsp lime juice
- 1 tsp honey

Nutrition:

Recipe makes 4 servings
Each serving counts as 0.5 fruits

Safety:

Keep your fingers curled under when using the knife to avoid cutting your fingers.

Directions:

1. Cut each melon in half.
2. Using a spoon or melon baller, scoop 1 cup cantaloupe, 1/2 cup honeydew melon and 1/2 cup watermelon.
3. Set aside 4 cantaloupe and honeydew melon rinds.
4. Gently stir melon balls with lime juice in mixing bowl.
5. Transfer 1/4 of melon mix into each rind.
6. Drizzle with honey.
7. Refrigerate for 30 minutes and enjoy!

from the kitchen of
Playnormous



Recipe approved by the American Diabetes Association