

## Melon Medley

Serves 10

Ingredients	
400g cantaloupe melon, cut, deseeded and diced	400g honeydew melon, cut, deseeded and diced
400g watermelon, cut, deseeded and diced	

- **METHOD:**
- Cut the melons in half, deseed
- Chop each half into three pieces.
- Slice each piece down the middle lengthways then chop across six or seven times. This will produce bite sized cubes that can be turned out of the skin.
- Mix melon cubes together, divide into equal portions, serve.



- ✓ **COOK'S TIP** – IF ONE OR MORE OF THE MELON TYPES ARE UNAVAILABLE THEY CAN BE SUBSTITUTED WITH OTHERS SUCH AS GALIA. IF ONE TYPE STILL UNAVAILABLE CUBED APPLE CAN BE USED INSTEAD. FOR PUREE DIETS, MAKE A CANTALOUPE MELON AND BANANA PUREE (USE APPLE IF CANTALOUPE MELON UNAVAILABLE
- ✓ MAKE BLANCMANGE FOR FRIDAY

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
31	0.6	0.2	7.2	7.2	0.1	0.3	14