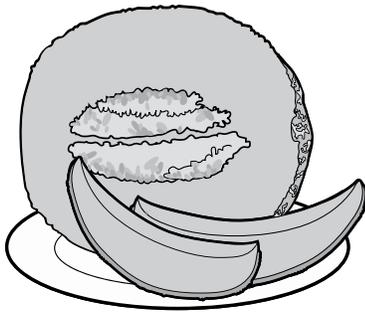


# Cantaloupe Crush Recipe for Children

½	cantaloupe
1 cup	fat-free milk
1½ cups	ice
sweetener	as needed (about 1 to 2 teaspoons sugar or equivalent of other sweetener)



## Quick Facts

This refreshing drink is healthy because it uses:

- Fresh fruit
- Fat-free milk
- Low amounts of sweetener

1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste.

<b>Yield:</b>	<b>Serving size:</b>
<b>4 servings</b>	<b>½ cup</b>
Calories	50 kcal
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Fiber	0 g
Protein	3 g
Carbohydrates	10 g
Potassium	280 mg

Source: National Cancer Institute recipe at IntelliHealth, available at:  
<http://www.intelihealth.com/IH/ihtIH/WSSAN283/2372/14218/232586.html?sID=325>