

Cantaloupe



Health Benefits

Contains vitamins that are important in keeping your eyes and your immune system healthy and strong.

Storage

In refrigerator. Once cut, store covered in the refrigerator. May also be frozen and used at a later date in baking.

Preparation

Rinse with water. Cut cantaloupe in two and remove seeds on the inside. Cantaloupe is usually eaten raw, in cube or slices. The skin cannot be eaten, just the orange fleshy part on the inside!



Fruit Salad

Ingredients: 3-4 fruits.

Choose any you like!



Directions:

1. Wash and dice fruits.
2. Toss in a bowl.
3. Serve cold, optional: garnish with yogurt, granola or cereal.

***Add a little bit of lemon juice to keep fruit fresh salad and store in fridge for 2-3 days**