

CANTALOUPE



HOW TO USE

Add it to a fruit salad; cut it into small cubes and eat it as a snack.

HOW TO RIPEN

Keep hard cantaloupe at room temperature until the rind is golden-orange, slightly soft, and smells sweet.

STORAGE

Once ripe, keep it in the refrigerator for up to 1 week. If it is cut, wrap it in plastic wrap or put it in a plastic bag in the refrigerator for up to 2 days.

HELPS SUPPORT

Heart health, immune system and vision.

FRUIT SMOOTHIE

Servings: 2

Preparation Time: 5 minutes

INGREDIENTS

- 1 cup cantaloupe
- 1 banana
- ¼ cup low-fat yogurt
- ¾ cup low-fat milk
- 2 tablespoons honey

INSTRUCTIONS

1. In a blender, add cantaloupe, banana, yogurt, milk, and honey.
2. Blend until smooth (if it's too thick, add ice or more milk and blend again).



Photo: Champions for Change Program

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