

# HONEYDEW MELON



## STORAGE

Keep it at room temperature for up to 3 weeks. Once it is cut, keep it in the refrigerator.

## HOW TO RIPEN

Keep firm honeydew melon at room temperature until the rind is slightly soft and smells sweet.

## HOW TO USE

Add it to fruit salad; blend it with water and freeze the mixture in small paper or plastic cups with popsicle sticks to make fruit popsicles.

## HELPS SUPPORT

Immune system.

# HONEYDEW MELON DRINK

Servings: 4

Preparation Time: 10 Minutes

## INGREDIENTS

- 2 cups honeydew melon
- 2 cups cold water

## INSTRUCTIONS

1. Put all ingredients in a blender.
2. Blend until smooth.



*Adapted from the Champions for Change Program*