

Cantaloupe Smoothie Bowl

Make this a traditional, pourable smoothie by adding a touch more carrot juice or water before whizzing everything together.



Ingredients

- 4 cups frozen cubed cantaloupe (1/2-inch pieces)
- 3/4 cup carrot juice
- Pinch of salt
- Melon balls, berries, nuts and/or fresh basil for garnish

Instructions

1. Combine cantaloupe, juice and salt in a food processor or high-speed blender. Alternate between pulsing and blending, stopping to stir and scrape down the sides as needed, until thick and smooth, 1 to 2 minutes. Serve the smoothie topped with more melon, berries, nuts and/or basil, if desired.

Yield:
2 servings

Active Time:
5 minutes

Total Time:
5 minutes

Nutrition Per Serving

135 Calories, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 31 g, Fiber: 3 g, Total Sugars: 28 g, Added Sugars: 0 g, Protein: 3 g, Sodium: 180 mg, Potassium: 1053 mg, Iron: 0 mg, Folate: 67 mcg, Calcium: 43 mg, Vitamin A: 22634 IU, Vitamin C: 117 mg

Carbohydrate Servings: 2

Make Ahead Tips:



Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.