

## Melon Kiwi Smoothie

### Ingredients:

- 1/2 cantaloupe, whole, cut into chunks
- 2 kiwi fruit, peeled and chopped
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water

### Equipment:

- Cutting Board
- Knife
- Measuring cups
- Measuring spoons
- Blender
- Large Pitcher

Number of Servings: 4  
 Prep Time: 10 minutes  
 Total time: 10 minutes

### Directions

1. Cut melon half into sections. Run knife along rind to cut off meat. Cut slice into chunks. Add to blender.
2. Cut the ends off of the kiwi, and peel skin off with potato peeler. Slice with knife, and add to blender.
3. Add sugar and lime juice.
4. Puree in blender until smooth. Pour fruit mixture into pitcher. Add water.
5. To serve, stir well and pour into tall glasses over ice.

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Nutrition Facts	
Serving Size: 3/4 cup	
Servings: 4	
Amount Per Serving	
<b>Calories 74</b>	Calories from Fat 9
%Daily Value*	
<b>Total Fat</b> trace	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 3mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 3g	<b>7%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin A 46%	Vitamin C 114%
Iron 2%	Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.



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