



## Melon Berry Smoothie

**¼ cup** skim milk

**1 cup** low fat vanilla  
Greek yogurt

**2 cups** chopped honey  
dew melon

**1 cup** frozen blueberries,  
strawberries or mixed  
berries

**1 tablespoon** honey,  
optional

**Place** all ingredients in blender.

**Blend** together until smooth using  
the pulse function, if available.

**Pour** into serving glasses and serve  
immediately.

**Yield:** 4, 8 ounce servings.

**Nutritional Analysis:** 130 calories,  
1g fat, 0 g saturated fat,  
5 mg cholesterol, 55 mg sodium,  
28 g carbohydrate, 2 g fiber,  
24 g sugars, 3 g protein.



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# Honeydew Melon

**SEASON:** July-September

**NUTRITION FACTS:** Kentucky honeydew melon has a smooth, creamy white rind with a green cast. This melon is distinctive for its sweet, juicy, pale green flesh. The ripe melon is crisp and is a good source of vitamin C. Each one cup serving of honeydew melon only has about 60 calories.

**SELECTION:** Look for honeydew melons that give slightly when squeezed. Ripe melons will have a sweet, delicate scent.

**STORAGE:** Store under-ripe melons at room temperature for two to three days. Refrigerate cut melons in plastic bag for up to one week. Melons can be frozen in light syrup for future use.

**Source:** Kentucky Melons, UK Cooperative Extension Service

**PREPARATION:** Rinse the outside of the melon before cutting. Cut melon in half and remove seeds by scraping them out with a spoon. If you are using only part of the melon, leave the seeds in the unused piece, wrap well and refrigerate for two to three days.

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## HONEYDEW MELON

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students

**July 2014**

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