Recipe for: Minted Honeydew Cooler

Ingredients:

3 cups cubed honeydew melon
1 cup unsweetened pineapple juice
1 cup crushed ice
2 Tbsp. honey
2 Tbsp. fresh mint leaves

Directions:

Combine all ingredients in blender or food processor and puree until smooth.

Makes 4 servings. Per serving: 99 calories, 0 g total fat (0 g saturated fat), 25 g carbohydrates, <1 g protein, 1 g dietary fiber, 25 mg sodium.

Recipe Source: ©The American Institute for Cancer Research-aicrweb@aicr.org