

Melon Kiwi Smoothie

For Chef Club – Make 3 batches

Ingredients:

½ Cantaloupe, whole

2 Kiwi Fruit

2 tbsp Sugar

2 tbsp Lime Juice



Directions:

1. Cut up cantaloupe into chunks. Peel and slice kiwi.
2. Add cantaloupe, kiwi, sugar and lime juice to blender and puree until smooth.
3. Stir well and pour into glasses over ice.

Compliments of Prince William County School Food & Nutrition Services