

Cantaloupe, Yes You Can

This juicy orange fruit is packed with vitamin C, beta-carotene, and potassium, for a nutrient-rich and refreshing summer snack.

REFRESH

Combine diced cantaloupe, blueberries, and sliced peaches for a simple summer fruit salad.

BLEND

In a blender, puree cantaloupe cubes, Greek yogurt, lime zest, and a drop of honey.

SALSIFY

Dice cantaloupe, tomatoes, red onion, bell pepper, jalapeño peppers, and garlic. Combine with lemon juice.

