



# MOUTH WATERING MELON MELT

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## 3-IN-1 FRUIT FACTORY RECIPE

[vc\_row][vc\_column][vc\_column\_text]This fruity melon combination is is totally refreshing and the perfect cool treat for a hot summers day. Experiment with, or combine different types of melon for a fresh, fruity and juicy taste. Ice up to make fresh and fruity lollies or leave as a fruit filled healthy juice[/vc\_column\_text][vc\_column][vc\_row]

## INGREDIENTS

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3 Slices of Ripe Melon diced into 1.2cm cubes

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3 Ripe Strawberries

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120ml Lemonade

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A Splash of lemon Juice (Optional)

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A Dash of Honey (Optional)

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## METHOD

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### STEP ONE

Cut off the melon skin and get rid of any seeds

### STEP TWO

Chop the fruit into small pieces

### STEP THREE

If making a juice cool the fruits in the fridge until chilled

### STEP FOUR

Add the fruits into the mixing jug and add any other ingredients

### STEP FIVE

Blend until the mixture is the required consistency

### STEP SIX

If you would like to have as a drink blend until smooth, then pour in a glass and enjoy!

### STEP SEVEN

If you would like to make ice lollies blend to a rough consistency then pour the mixture into the lolly moulds ready for freezing. Ask an adult to place the lolly mould in the freezer and leave until completely frozen