



Honeydew Melon with Mint Syrup and Lime

Servings: 6

¼ cup Sugar
¼ cup Water
¼ cup Mint Leaves, thinly sliced
¼ cup Fresh Lime Juice
6 cups Honeydew Melon, cut into 1" cubes

In a small saucepan combine sugar and water and bring to a boil. Remove from heat, stir in mint leaves and allow to cool. In a large bowl combine lime juice with honeydew melon. Add mint syrup. Toss, cover, and refrigerate until ready to serve.

Per Serving: 96 Calories; trace Fat (1.5% calories from fat); 1g Protein; 25 g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 18mg Sodium.

Exchanges: 0 Vegetable; 1 Fruit; ½ Other Carbohydrates.

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