

Cantaloupe Sorbet

Ingredients

- 1 melon (about 4 cups)
- ½ cup sugar
- ½ cup water

Directions

Place a sheet of parchment paper on a cookie sheet. Set aside.

Roughly chop the melon into pieces. Freeze the cantaloupe for 2 hours. Blend all the ingredients in a blender until smooth. Eat immediately or store in a freezer safe container. Stir after 30 minutes to break up the ice crystals. Repeat 2 more times before leaving in the freezer overnight.

Cantaloupe Soup

Ingredients

- 2 large mint leaves
- 2 Tbs sugar
- 1 melon
- 1 small cucumber, peeled and cubed
- ½ cup plain yogurt (not Greek)
- ½ cup orange juice

Directions

Blend all the ingredients together in a blender until smooth. Chill for 2 hours. Divide equally into 4 bowls.

Cantaloupe Cake

Ingredients

- 3 cups flour
- 3 eggs
- 2 ½ cups cantaloupe puree (1 melon)
- 1 ½ tsp baking powder
- ½ cup sugar
- ½ cup oil
- Dash of salt

Directions

Preheat your oven to 350F. Grease a 9x13 baking cake pan. Set aside.

In a mixing bowl, whisk together all the dry ingredients. Puree the cantaloupe in a blender without using any water. 1 melon will equal about 2 ½ cups of puree. Add in all the remaining ingredients. Beat with a hand mixer or whisk until ingredients have come together and there are no lumps in the batter. Pour the batter into the prepared 9x13 pan. Bake for 25 minutes. Allow to cool completely before serving.