

# Creamy Honeydew Soup

**Road To Optimal Health Recipe**



## **Recipe Nutritional Information**

87 cal, 2g protein, 21 g carb, 1g fiber, 0.5 g fat  
0.5 g sat fat, 1 mg chol, 35 mg sodium

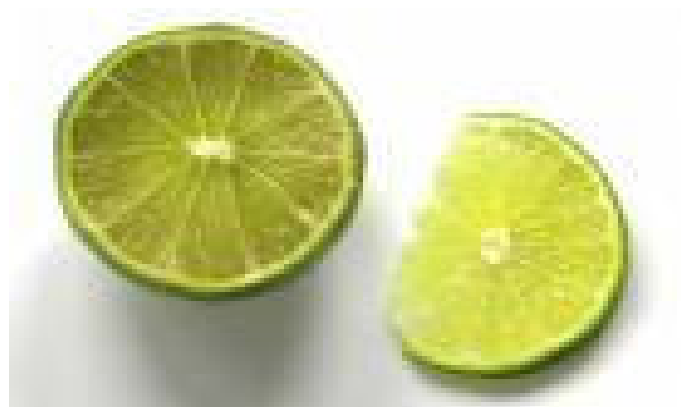
Plenty of Vitamin C



# Ingredients



- \* **4 cubed honeydew melon**
- \* **¼ reduced fat plain Greek style yogurt**
- \* **1 tbsp light floral or blossom honey**
- \* **1 tbsp freshly squeezed lime juice**
- \* **½ tsp freshly grated lime zest**





## Instructions



### Step 1:

**Puree** melon, yogurt, honey, and lime juice in blender until smooth.

### Step 2:

Pour into 4 small bowls

### Step 3:

Sprinkle with lime zest before serving

**Recipe from Prevention Magazine**



# Enjoy



**Let Us Live a Healthy Lifestyle  
by eating the right foods**

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