

Leaps & Bounds
Melon Ball Treat

High in Carbohydrates
A source of Iron and Fibre
Low in Fat

WHAT WILL YOU NEED?

- Watermelon
- Honey Dew Melon
- Rock Melon / Cantaloupe
- Melon baller
- Bowl or glasses to serve

ALL YOU NEED TO DO IS....

- Remove the seeds from the melons
- Ball the fruit i.e. place baller on melon, rotate the baller and place balls into a bowl.

IDEAS

- Add blueberries for some extra colour
- Freeze the balls and use them as "ice" in your punch bowl or as an icy treat on a hot day (add some green seedless grapes too - these are really nice when frozen!)