



Melon Mint Skewers

Servings: 8 cups of fruit

Ingredients:

- 1/4 cup sugar
- 1/4 cup water
- 6 tablespoons lime juice
- 2 tablespoons fresh mint (minced)
- 2 teaspoons grate lime peel
- 2 tablespoons gingerroot (minced fresh)
- 8 cups melon (balls or cubes) can use honey dew, cantaloupe or watermelon (watermelon used in nutrition facts)

Minted Lime Dip:

- 1 cup sour cream
- 2 tablespoons sugar
- 1 tablespoon lime juice
- 2 teaspoons grate lime peel

Directions:

1. In a large bowl, combine the sugar, water, lime juice, mint, lime zest and ginger.
2. Add melon balls. Cover and refrigerate for 1-6 hours.
3. Thread melon onto wooden skewers or toothpicks.
4. In a small bowl, combine dip ingredients.
5. Serve with melon.

Nutrition Information based on 1 serving:

Calories: 137	Total Fat: 6 g	Total Carbohydrate: 22 g	Dietary Fiber: 0.88 g
Protein: 1.6 g	Sodium: 15.6 mg	Calcium: 46.8 mg	Iron: 0.5 mg

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