

## **Cantaloupe Smoothie**

<http://unihomemaker.com/2012/08/17/cantaloupe-smoothie/>

### ***Ingredients:***

- 2 cups of fresh frozen cantaloupe, peeled seeded and cubed
- 1 cup of orange juice
- 1/4 cup of plain nonfat yogurt
- 1/8 teaspoon of ground cinnamon plus extra for sprinkling
- a drizzle of honey

### ***Preparation:***

Take your fresh cubed cantaloupe and freeze them overnight.

In a blender, combine cantaloupe, orange juice, yogurt, cinnamon and honey. Blend until smooth. Pour into a glass and serve.