

Melon and Champagne Slushes

Summer Fruit with Sugar & Spice | June 2007



Freezing the melon cubes helps create the slushy consistency of this drink.

- 3 CUPS CUBED RIPE HONEYDEW MELON
- 1/3 CUP SUGAR
- 1/4 CUP FRESH MINT LEAVES
- 1 1/2 CUPS CRUSHED ICE OR 2 CUPS ICE CUBES
- 1 CUP CHAMPAGNE OR SWEET WHITE WINE, CHILLED
- 3/4 CUP FRESH ORANGE JUICE
- 2 TBSP. LIME JUICE
- 2 TBSP. MELON LIQUEUR (OPTIONAL)
- FRESH MINT SPRIGS (OPTIONAL)
- MELON BALLS ON A 4-INCH PICK (OPTIONAL)

Cover and freeze honeydew cubes for at least 6 hours.

Place sugar in food processor or blender; cover and process or blend about 2 minutes or until somewhat powdery. Add 1/4 cup mint leaves; process or blend until finely chopped. In a very large pitcher, stir together sugar mixture, frozen honeydew, ice, champagne, orange juice, lime juice, and if desired, melon liqueur. Return mixture to food processor or blender, in batches if needed. Process or blend until smooth. Return to very large pitcher. Pour into tall glasses. Garnish with mint sprigs and skewered melon ball picks, if desired. Makes 8 servings.

TIP: For a nonalcoholic version, substitute lemon-lime carbonated beverage for the champagne and omit the melon liqueur.

Per serving: 93 cal., 0 g fat (0 g sat. fat), 0 mg chol., 15 mg sodium, 18 g carbo., 1 g fiber, 1 g pro.

MELON

All fruit desserts have a lightness about them, but those featuring honeydew, cantaloupe, or muskmelon are truly refreshing after a hearty grilled steak. Look for the best melons in late August and September.