

Cantaloupe Smoothie Bowl

Ingredients

- 4 cups frozen cubed cantaloupe (1/2-inch pieces)
- 3/4 cup carrot juice
- Pinch of salt
- Melon balls, berries, nuts and/or fresh basil for garnish



Directions

1. Combine cantaloupe, juice and salt in a food processor or high-speed blender.
2. Alternate between pulsing and blending, stopping to stir and scrape down the sides as needed, until thick and smooth, 1 to 2 minutes.
3. Serve the smoothie topped with more melon, berries, nuts and/or basil, if desired.

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