

CANTALOUPE-STRAWBERRY SHAKE

Shared by Dottie

INGREDIENTS:

1 cup whole strawberries, hulled and washed

1 cup diced cantaloupe

2 to 3 teaspoons granulated sugar

1/2 cup skim milk or low fat milk

PREPARATION:

Place all ingredients in food processor or blender and process until frothy; serve immediately. Makes 2 cantaloupe strawberry shakes.