



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Lemon and Melon Burst Smoothie

(serves 2)

Ingredients

½ cup of diced honeydew melon
½ cup of low fat lemon yogurt
1 cup frozen green grapes
1 tablespoon of chopped fresh mint
Fresh lemon juice to taste (if preferred)

Method

Put the honeydew melon and lemon yogurt in a blender.

Next add the grapes and mint then blend until smooth.

Taste and add lemon juice if you like.

