

Melon Sangria

- ~3 cups of mixed melon balls (watermelon, honeydew, etc.)
- 2-4 tablespoons of honey, adjust to taste
- 1 lime, juiced
- ¼ cup to ½ cup of grappa or brandy, adjust to taste
- 1 bottle of moscato wine, chilled
- ~ 1 ½ cups of sparkling water, chilled

To serve and garnish:

- Mint leaves
- Lime slices
- Ice cubes or frozen melon balls

1. Place the melon balls in a large pitcher, add the honey, lime juice, and ¼ cup of grappa. Chill
2. Add the moscato wine, taste and add more honey or grappa if desired
3. Refrigerate for another hour.
4. Right before serving, add ice (or frozen melon balls), lime slices and mint garnish, and top off with sparkling water. You can prepare the final mix in the pitcher or serve it directly into glasses with melon ice cubes and top off each glass with the sparkling water.

Melon Ball Salad with Prosciutto and Mint

- 1 Medium sized Cantaloupe
- ¼ cup thinly sliced mint
- 6 slices of prosciutto cut in ribbons
- ¼ cup olive oil
- Salt and cracked black pepper to taste

1. Cut your melon in half and scoop out the seeds.
2. With a melon-baller, ball your melon halves, until you can ball them no longer. (alternately, you can just cut cubes ... if you'd like ... the balls are just to have a different kind of shape).
3. Mix together your melon, prosciutto, olive oil, mint and salt and pepper.

Melon, Blueberry, and Lemon Cream Trifle

- 4 ounces cream cheese, softened
- 5.3 ounces lemon Greek yogurt
- 1 large honeydew melon, cubed
- 1 pint blueberries, washed (or more if you'd like!)

1. Using an electric mixer beat the cream cheese on high until soft and fluffy (about 1-2 minutes). Add lemon Greek yogurt and mix until combined well.
2. Create trifle by layering melon, blueberries, and lemon cream in a large bowl or individual dessert dishes.

Melon, Blueberry, Basil, and Mint Salad

- 2 cups cantaloupe (about 1/2 a melon), diced
- 1 Tbsp. fresh mint, minced
- 1 Tbsp. fresh basil, minced
- 1/4 cup fresh blueberries
- 1-2 Tbsp. balsamic vinegar, enough to coat the melon
- sprinkling of sugar

1. Chop cantaloupe, mint and basil.
2. Combine everything well in a medium bowl and serve chilled.

Watermelon Sorbet

- 1 cup Sugar
- 1 cup Water
- 8 cup Seedless Watermelon
- 2 tbsp Lemon Juice

In a small pan, add sugar and water and bring to a boil. Cook until sugar is dissolved, then set aside to cool. Puree watermelon in batches and place in a large bowl. Add sugar syrup and lemon juice and mix well. place in a 13x9 dish, cover and place in freezer until firm. Puree frozen mixture before serving.

Honeydew and Kale Smoothie

- cups honey dew melon (peeled and chopped)
- 1 cup baby kale (stemmed)
- 1 medium ripe banana
- 1 tsp chia seeds
- cups unsweetened vanilla almond milk

Combine all the ingredients in a blender and blend for 2 minutes or until smooth.
Pour the smoothie in a glass and serve chilled.

Melon Ball Ice Cubes

- Watermelon
- Cantaloupe
- Honeydew melon
- White honeydew melon

Use a melon baller to scoop out the melon balls from the fruit. Line a baking sheet with parchment paper or wax paper. Arrange the melon balls on the baking sheet. Make sure that the melon balls are not touching (or they will freeze together). Freeze the melon balls for a few hours or until completely frozen. Remove them from the freezer and transfer them to a freezer bag. Place the bag in the freezer until ready to use.

Cantaloupe and Prosciutto

- 1- 3 oz. package prosciutto
- 1 cantaloupe
- 5 basil leaves
- black pepper

1. Cut cantaloupe into but sized pieces.
2. Roll each slice of prosciutto into 2 or 3 pieces.
3. Place a pick into each piece of prosciutto, then into cantaloupe.
4. Choc basil and sprinkle on top and add black pepper.

Fig and Melon Salad with Creamy Lemon Dressing

2 tablespoons lemon juice

3 Tablespoons Olive oil

1 teaspoon honey

1 tsp champagne vinegar

1 Tablespoon heavy cream

Salt and lots of pepper

1/2 head red lettuce, washed and torn into bite-size pieces

1/2 small tuscan melon peeled, seeded and cubed or sliced

1/2 small red onion, thinly sliced

5-7 fresh, ripe figs quartered

Feta

Combine the ingredients for the vinaigrette in a small bowl and whisk to combine. Taste and adjust the seasonings remembering that the melon and figs are both sweet so you want the vinaigrette to be quite bright and pop-y.

Toss the melon, lettuce and red onion in a bowl along with the vinaigrette.

Put the dressed greens on a platter and finish with the fresh figs along with some crumbled feta.

Enjoy immediately.