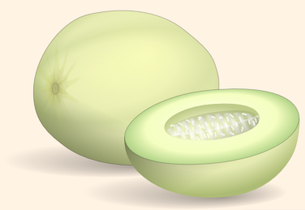


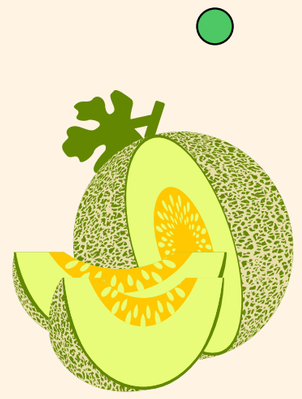
MARY THE HONEYDEW MELON

March

It's March and we are really excited to introduce our new Superhero Fruit of the month!

Can you guess who I am?





Who Am I?

- I'm a big, round fruit that has pale green/yellow colored skin and when you cut into me I'm light green/yellow
- I taste sweet and juicy
- I'm hard on the outisde but soft on the inside



Did You Know?

- Honeydew are made of about 90% water
- Honeydew melons come in various sizes, some can even be as big as a football
- The name 'honeydew' comes from how sweet the melon tastes
- Some honeydew melon absorb and reflect light in a certain way and it makes them appear to glow in the dark





Where Can You Find Me?

- Melons are grown in warm, sunny places such as USA, Spain, Mexico, etc
- Melon tastes the best between Spring and Summer but they are available in shops all year round
- The best way to store melon is in a room temperature, dry area. If you cut melon, store it in an airtight container in the fridge

Why You Should Eat Me?

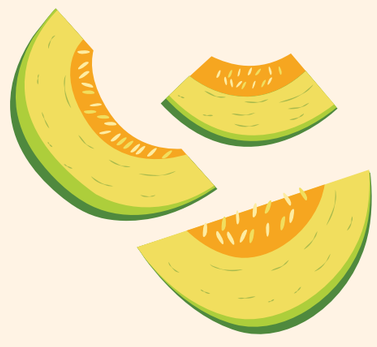
First of all, I taste delicious but best of all I help you grow big and strong!

- I am made up of mostly **water**, therefore, I keep you hydrated
- I contain **Vitamin C** which keeps your skin smooth and glowing
- I contain a small amount of **fibre** which helps with digestion

Fun Ways to Eat Me

- You can add me into your fruit salads
- You can blend me into a smoothie
- You can eat me as I am

Turn over for some cool recipes!



LOW PROTEIN RECIPES

MELON PARFAIT

(Recipe makes 4 parfaits)



Ingredients:

- 100g the Coconut Collab plain yogurt
- 1/2 honeydew melon

*Koko plain yoghurt = 1.2 g protein in 100 g; Recipe makes 4 servings = 0.3 g per serving = protein free

Method:

1. Using a small melon baller, cut melon balls or slice into chunks
2. Select 4 parfait dishes.
3. Spoon 2 tablespoons of yogurt into each dish.
4. Top with melon balls/chunks