

## Recipe OF THE Month

# Melon Berry Combo

- 1¼ cups *raspberries*
- 1¼ cups *blueberries*
- 1 cup *watermelon* balls
- 1 cup *cantaloupe* balls
- 1 cup *honeydew* balls
- 2 oz *nonfat cream cheese*, softened
- 3 tbsp *frozen orange juice concentrate* (undiluted)

Combine all fruit in a medium bowl, and toss lightly. Combine cream cheese and juice with electric mixer. To serve, place fruit mixture in individual dessert glasses, and top evenly with the whipped cream cheese.

**MAKES 6 (¾-cup) SERVINGS.**

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**Per serving:**

79 calories

3g protein

1g fat

18g carbs

3g fiber

65mg sodium