

# • Delicious • *Cantaloupe Preparations*

Your Baby Will Enjoy

## **Creamy cantaloupe**

1. Take one cup of chopped cantaloupe, 1/2 a banana, and 1/4th a cup of yogurt (you may opt for a plant-based one).
2. Blend them till smooth and serve.



## **Cantaloupe puree with dates and apricots**

1. Blend 3 pitted dates, 2 apricots, a cup of chopped cantaloupe, and 2 tablespoons of yogurt till smooth.
2. Add some water to adjust consistency and serve to the baby.



## **Carrot-cantaloupe juice**

1. Take 1/2 cup of chopped carrots and a cup of chopped cantaloupe.
2. Blend till smooth and serve fresh.



## **Mango-cantaloupe puree**

1. Take a cup of chopped cantaloupe, a cup of chopped mango, and 1/2 cup of yogurt of your choice.
2. Blend till it is well-combined and serve.



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Source: [https://www.momjunction.com/articles/muskmelon-cantaloupe-for-babies-benefits-right-age\\_00729403/](https://www.momjunction.com/articles/muskmelon-cantaloupe-for-babies-benefits-right-age_00729403/)