

CANTALOUPE RECIPES

Cantaloupe Crunch

3 cups cubed cantaloupe
½ cup white sugar
⅓ cup lemon juice
2 tablespoons unsalted butter, melted
1 tablespoon all-purpose flour
½ teaspoon vanilla extract
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 (15.25 ounce) package white cake mix
½ cup unsalted butter, melted

Preheat the oven to 350 degrees F (175 degrees C). Mix cantaloupe, sugar, lemon juice, 2 tablespoons melted butter, flour, vanilla, cinnamon, and nutmeg together in a medium bowl. Pour into a 9-inch square baking dish. Spread dry cake mix evenly over cantaloupe mixture, then drizzle ½ cup melted butter over top. Bake in the preheated oven until golden brown, about 45 minutes.

Easy Cantaloupe Sorbet

4 cups cubed cantaloupe about 1/2 medium cantaloupe
2 tbsp lemon juice
1 tbsp maple syrup
Water if needed

Line a baking sheet with parchment paper. After cutting the cantaloupe into cubes, place the pieces on the lined baking sheet in a single layer so they aren't touching each other. Freeze for at least 2 hours. Add the frozen cantaloupe cubes into the food processor and process until crumbly in texture. Add lemon juice and maple syrup and pulse until incorporated. You can pause to scrape down the sides if you see any clumps. Taste to add more syrup, if desired. The sorbet should be smooth and you should be able to scoop it with a spoon or an ice cream scooper. If not, add 1 tablespoon of water at a time until it reaches the right consistency. Enjoy right away or store in the freezer in an airtight container. If storing, thaw for 15 minutes before scooping so it's not icy when you want to enjoy it.

