

Melon Mint Compote with Orange

By Camine Pappas

Prep time 15 minutes

INGREDIENTS:

1 large ripe cantaloupe cut into 1 inch chunks
3 small navel oranges, the flesh only, cut into ½ inch chunks
ALL the juice of the three oranges
1 T honey
¼ t cinnamon
½ t coriander powder
Handful of mint, finely chopped

Blend all ingredients, serve!



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