



Lucky Melon Soda

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

Ingredients

Lucky Melon Soda

- 1 small melon (honeydew, cantaloupe, or watermelon are great)
- 1/2 C heavy whipping cream ******(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free whipping cream or milk)******
- 1/4 C white sugar
- 2 C sparkling water
- ice (optional)

Food Allergen Substitutions

Lucky Melon Soda

Dairy: Substitute dairy-free/nut-free whipping cream or milk for heavy whipping cream in Soda.

Instructions

Lucky Melon Soda

blend + measure + pour

Cut **1 small melon** in half and scoop all the juicy fruit out with a spoon. Place all of the melon in the bottom of a pitcher with **1/2 cup heavy whipping cream** and **1/4 cup sugar** and blend until smooth. Continue blending while you pour in **2 cups of sparkling water**. Once fully blended, pour over ice and enjoy!

Featured Ingredient: Melon!

Melons originally came from Africa and southwestern Asia. Ancient Egyptians first cultivated melons around 2,000 BCE. After they grew in popularity in Europe, melons were introduced to America by Spanish settlers during the 15th and 16th centuries.

Melons are part of the Cucurbitaceae or gourd family. Their flesh is sweet and edible. The three melon varieties that you may be most familiar with are cantaloupe, honeydew, and watermelon.

The flesh of a cantaloupe is orange, honeydew can be light green to green, and watermelon is usually red, although it can be yellow, orange, or white.

Because the melon is from the same family as the cucumber, pumpkin, and squash and is harvested and cleared from fields like other vine-growing vegetables, it can be classified as a vegetable. However, the melon is botanically a fruit and technically a type of berry called a pepo.

The size of a melon depends on its variety. The largest recorded watermelon was 262 pounds!

Watermelon is now the most consumed melon in the United States, followed by cantaloupe and honeydew. Scientists have created cube-shaped melons! Packaging and transporting this type of melon require less effort than rounded kinds of melon. However, cube-shaped melons are far more expensive than conventional melons.

Melons have high nutritional value as they are a rich source of vitamin C and B vitamins and minerals such as potassium, manganese, iron, and phosphorus.