Fast melon sorbet
Makes about four servings

Ingredients:
2 cups cubed frozen melon (cantaloupe, honeydew, watermelon)
1/2 cup plain, unsweetened yogurt
1/4 cup sugar
1 teaspoon vanilla or lime juice

Instructions:
Add all ingredients to blender or food processor and blend until just smooth. Serve immediately or freeze.

Recipe source: Good and Cheap by Leanne Brown
Nutrition info: 94 calories, 1g fat, 16mg sodium, 21g carb, 1g fiber, 1g protein.