

Quick MUSKMELON RECIPES

FOR PREGNANT WOMEN



Melon-cucumber smoothie



A smoothie can provide instant energy in no time. So, blend cucumber, muskmelon, watermelon, and some yogurt and water. Enjoy your delicious drink!

Muskmelon milkshake

Enjoy the creamy milkshake by blending muskmelon slices, cream or milk, and a little vanilla essence. Your delicious milkshake is ready in no time.



Muskmelon and papaya salad



Nothing can replace the freshness of a bowl of salad. So, toss sliced melons, papaya, onions, and tomatoes in a bowl and top it with a lemony dressing. Enjoy your quick and healthy salad.

Muskmelon punch

This tempting drink is ready in a jiffy and fills you with much-needed nutrition. So, blend some muskmelon slices with green apple and lime juice. Enjoy this sweet and tangy drink on a warm afternoon.

