

RECIPE | MELONS



MELON SUPERFOOD OATMEAL BOWLS



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

MELON SUPERFOOD OATMEAL BOWLS



10 min

10 min
PREP.

N/A
COOKING



2



easy

INGREDIENTS

- 1 Pure Flavor® Solara™ Melon
- 1 cup blueberries
- ½ cup quick oats, cooked
- 1 tbsp peanut butter, melted
- 1 tsp hemp seeds

DIRECTIONS

- 1 Cut the melon in half and scoop out the seeds. Using a melon baller or spoon, scoop out the flesh, dice the melon, and set the melon bowls aside.
- 2 Divide the oatmeal into the melon bowls, top with diced melon, blueberries, hemp seeds, and peanut butter for serving. Garnish as desired.