



RECIPE | MELONS

# MELON SUPERFOOD OATMEAL BOWLS



10 min  
PREP.



2



easy

10 min

N/A  
COOKING

## 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.