

RECIPE OF THE WEEK: PALEO EDITION

Spiced Cantaloupe

Ingredients:

- Perfectly ripe Cantaloupe, chilled in the fridge
- Pinch of cardamom
- Pinch of Paprika
- Pinch coarse sea salt

Instructions:

1. Cut the cantaloupe into wedges or 1-inch chunks
2. sprinkle with the spices – a light hand will serve you well
3. pop it into your mouth and let the sensations roll around your tongue: cool, sweet, spicy, salty, crunchy, tender

Note: Spice just the amount of melon you want to eat immediately. It won't be as good if you let it sit in the fridge for a long period of time.

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