

Chilled Filled Cantaloupe

Ingredients:

2 medium cantaloupes

1 package (3 oz.) gelatine, any flavour

$\frac{3}{4}$ cup boiling water

$\frac{1}{2}$ cup cold water

Ice cubes

1 banana, sliced

Instructions:

1. Cut the melons into halves lengthwise.
2. Scoop out seeds and drain well.
3. Dissolve gelatine in boiling water.
4. Combine water and ice cubes to make 1 $\frac{1}{4}$ cups. Add to gelatine.
5. Stir until slightly thickened.
6. Remove any unmelted ice.
7. Add banana.
8. Place melon halves in small bowls.
9. Spoon gelatine mixture.
10. Chill until firm.
11. Cut into wedges.
12. Garnish if desired. Makes 6 servings.