

## **Honeydew With Tapioca Seeds Pudding**

Honeydew melon is very watery and contains minerals. It is a year round fruit.

### **Ingredients:**

2 honeydew  
1 1/2 ounce tapioca seed  
1/2 cup fresh milk  
2 tablespoons honey

### **Instructions:**

1. Cut the top 1/4 off one of the melons and set aside the shell.
2. Take the meat from both melons and blend into juice. Put water into a saucepan till it is 80% full.
3. When the water is boiling, add the tapioca seeds and cook for 1 minute. Leave the lid on and wait for 2 hours till it has cooled down.
4. Mix the melon juice with milk and honey, then add the tapioca. Pour into the melon shell.

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