

Prosciutto and Melon Plate



This classic Italian appetizer pairs the salty richness of prosciutto with the sweet, refreshing taste of melon. It's a perfect low-carb starter or a light breakfast that combines simple yet satisfying flavors, ideal for a quick, nutritious start to your day.

Ingredients for 2 serving (US/Metric)

- 15.5 *pieces* Prosciutto
- Cantaloupe melon
- Fresh Mint Leaves

Nutrition (US/Metric)

- **Protein:** 31%
- **Fat:** 41%
- **Net carbs:** 29%

Instructions

- **Prepare Ingredients:** Slice the cantaloupe melon into thin wedges.
- **Assemble Plate:** Arrange the prosciutto slices and melon slices on a plate, alternating for aesthetic appeal.
- **Garnish and Serve:** Garnish with fresh mint leaves and serve immediately.