

Baked A Lope

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3 cantaloupes
½ cup sugar
3 egg whites

1 ½ cup fruit (strawberries or
blueberries)
1 pint vanilla ice cream

Clean cantaloupes and slice thin layer off each half so they sit level on cookie sheet. Scoop out melon and chop into squares. Mix this with berries and a little sugar and place back in melon half. Beat egg whites until foamy, add rest of sugar slowly, beating until stiff peaks form. Put one scoop of ice cream in center of melon. Frost with meringue. Brown under broiler until lightly browned. Serve immediately.