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# Watermelon

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## WATERMELON ICE BLOCKS

- 1/2 WATERMELON
- PADDLE POP STICKS

- CUT WATERMELON INTO TRIANGLE
- SLICE A SMALL SLIT IN THE RIND OF THE WATERMELON. INSERT PADDLE POP STICK.
- EAT FRESH OR PLACE IN THE FREEZER FOR ICE BLOCKS

OR

- PUREE WATERMELON FLESH IN A BLENDER/FOOD PROCESSOR
- PUT WATERMELON MIX INTO ICE CUBE TRAYS
- ADD WATERMELON STICKS
- PLACE IN THE FREEZER OVERNIGHT

## YOGHURT & WATERMELON "CHIPS"

- GREEK OR NATURAL YOUGHURT
- 1/2 WATERMELON

- CUT WATERMELON INTO CHIP LIKE THICK STRIPS.
- DIP INTO YOGHURT

\*THIS CAN ALSO BE DONE WITH CUCUMBER

## WATERMELON SALAD

- 100G COOKED QUINOA OR BROWN RICE
- 1/2 WATERMELON - RIND REMOVED. CUT INTO 2CM CUBES
- 100G FRESH BABY SPINACH
- 1 AVOCADO - CUT INTO SLICES
- 1 HANDFUL OF MINT (OPTIONAL) - FINELY CHOPPED
- SQUEEZE OF LEMON JUICE

- MIX ALL INGREDIENTS TOGETHER

## NUTRITION INFORMATION

### HEALTH BENEFITS OF WATERMELON

- PROMOTES HEART HEALTH
- REDUCES INFLAMMATION
- QUALITY SOURCE OF POTASSIUM