

Watermelon Dippers

This Fresh Dip with a Hint of Sweetness Makes a healthy snack

Ingredients

- 200g low fat vanilla flavoured yoghurt
- Maple Syrup
- Watermelon sticks or small wedges

Instructions
Swirl maple syrup through yoghurt and put into a small bowl. Use as a dip for the watermelon sticks.



Melon Kebabs

Be inventive - try any of the following to string onto your kebabs:

- Watermelon chunks
- Apple pieces tossed in lime juice (to prevent the apple turning brown)
- Seedless grapes
- Rockmelon
- Honeydew melon
- Fetta cubes
- Bocconcini

Thread fruit and cheese onto kebab sticks and eat straight from the stick.



Remember—kebab sticks can be dangerous, if young kids are involved, thread fruit onto straws

Watermelon pink lemonade

Add some pink to your drink! Instead of the traditional lemonade, why not try your hand at making pink lemonade? Not only is watermelon lemonade fun to make, but it tastes delicious and is perfect for parties, sleepovers or just to have as a thirst quencher.

Makes 4 cups

INGREDIENTS

- ½ large wedge Seedless Watermelon cut into large pieces
- ½ cup raspberries
- 1 cup (250ml) water / or soda water if you like fizz
- ½ cup (125ml) lemon juice

Method:

- Blend all ingredients except water/soda water
- Add the water/soda water just before serving



Watermelon Smoothie

Makes 2-3 servings

Ingredients

- 2 cups cubed Seedless Watermelon
- 1 cup cracked ice
- ½ cup plain yogurt
- 1 tablespoon caster sugar
- ½ teaspoon grated ginger

Combine all ingredients in a blender. Blend until smooth.

Serve immediately

