



# The Dietitian's DISH



## Fuel Up Your Superhero with Watermelon!



Watermelon offers a refreshing and flavorful way to stay hydrated, especially in the summer. But the protective benefits don't stop there! It's also full of Vitamin C (which boosts immunity to protect against germs) and Lycopene (which helps protect against the sun's harmful UV rays). Low in calories and high in fiber, watermelon is a tasty addition to a balanced diet.

*Whether fueling up to enjoy some summer fun or refueling after summer activity, watermelon is the solution for your superheroes! Try these frozen treats to keep cool - without a lot of added sugars.*



### Kid's Watermelon Strawberry Shake

#### Ingredients:

- 8 oz. lemon non-fat yogurt
- 2 cups seedless watermelon, cubed
- 1 pint fresh strawberries, cleaned and hulled
- 1 medium banana, peeled and sliced

#### Directions:

- In blender or food processor, combine yogurt, watermelon, strawberries and banana and process until smooth and frothy. Serve immediately.
- **FOR POPSICLES:** Pour watermelon strawberry shake into popsicle molds and insert handles before freezing. Or, pour into small paper cups then freeze partially before inserting sticks or plastic spoons. Return to the freezer until solid.



### Watermelon Berry Popsicles

#### Ingredients:

- 5-6 cups seedless watermelon
- 1 cup blueberries
- 1 cup raspberries
- 3 tablespoons honey

#### Directions:

- Add watermelon,  $\frac{1}{2}$  cup of blueberries,  $\frac{1}{2}$  cup of raspberries, and honey to a blender. Blend until smooth. Press through a fine mesh strainer to remove pulp and seeds.
- Fill popsicle molds  $\frac{3}{4}$  full with liquid. Add whole blueberries and raspberries to each mold. Insert sticks and freeze for at least 4 hours or until completely frozen.

