

SHOPPER TIPS

Look for a firm fruit, with a sweet smell, dull rind, dried stem, and a yellow underside where it touched the ground.

- Avoid fruit that has cracks, soft spots, mold, or a white or very light green color on the underside.

WHAT'S IN IT FOR YOU?

- An excellent source of vitamin C.
- A source of vitamin A.

SERVING IDEAS

- Replace the tomato in your favorite salsa recipe with diced watermelon for a sweet and spicy snack.
- Blend equal amounts of watermelon and water with a splash of lime juice to make a cool Mexican drink called agua fresca.

PEAK SEASON

- Available year round, peak season is June through October

STORAGE

- Watermelons can be stored uncut at room temperature for up to two weeks.

SHOPPER TIPS

Look for a firm fruit, with a sweet smell, dull rind, dried stem, and a yellow underside where it touched the ground.

- Avoid fruit that has cracks, soft spots, mold, or a white or very light green color on the underside.

WHAT'S IN IT FOR YOU?

- An excellent source of vitamin C.
- A source of vitamin A.

SERVING IDEAS

- Replace the tomato in your favorite salsa recipe with diced watermelon for a sweet and spicy snack.
- Blend equal amounts of watermelon and water with a splash of lime juice to make a cool Mexican drink called agua fresca.

PEAK SEASON

- Available year round, peak season is June through October

hrs



Prep Time: 15 minutes; Servings: 4

INGREDIENTS:

2 large bananas	2 cups fresh blueberries
8 watermelon "scoops" (watermelon balls created with an ice cream scoop)	1/2 cup low-fat vanilla yogurt
	1/4 cup low-fat granola

DIRECTIONS:

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon "scoops." Sprinkle with granola.

Nutrition Facts

 Watermelon Blueberry Banana Split

Serving Size: 1/4 of Recipe

Calories: 160, Calories from Fat: 10, Total Fat: 1g, Saturated Fat: 0g, Trans Fat: 0g,

Cholesterol: 0mg, Sodium: 40mg, Total Carbohydrates: 38g, Dietary Fiber: 4g,

Sugars: 23g, Protein: 4g, Vitamin A: 6%, Vitamin C: 25%, Calcium: 6%, Iron: 4%

USF