



Frosted Watermelon

Ingredients:

Seedless watermelon cut into 1/2 inch thick slice
Fat-free or low-fat vanilla yogurt (use any flavor)
Low-fat granola or other cereal

Directions:

1. Wash hands with soap and warm water. Wash fresh fruit before preparing.
2. Use your favorite cookie cutters to cut shapes out of the watermelon.
3. Frost with vanilla or other flavor of yogurt
4. Sprinkle with granola or other cereal.

Nutrition Facts (Per Serving)

Calories, 82; Carbohydrate, 16 g; Protein, 2 g; Total Fat, 2 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 2 mg; Fiber, 1 g; Total Sugars, 11 g; Sodium, 21 mg; Calcium, 39 mg; Folate, 0 mcg; Iron, 0 mg; Percent Calories from Fat, 22%.

Recipe adapted from the National Watermelon Promotion Board.

Makes 1 serving

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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