Watermelon Strawberry Shake and Frozen Smoothie Pops

**Watermelon Strawberry Shake**
2 cups cubed, seedless watermelon
1 container (8 ounces) lemon nonfat yogurt
1 pint fresh strawberries, cleaned and hulled
1 banana medium, peeled and sliced

In blender or food processor, process yogurt, watermelon, strawberries and banana until smooth and frothy.

**Frozen Smoothie Pops**
Strawberry Shake
Small paper cups
Popsicle sticks

Pour prepared Watermelon Strawberry Shake into small paper cups. Freeze, inserting popsicle sticks or plastic spoons when mixture is partially frozen. Or, pour Watermelon Strawberry Shake into ice cream machine. Set and enjoy!

Watermelon Dippers

1 serving watermelon stix or small wedges
8 ounces sour cream or Greek yogurt
1 to 2 tablespoons sugar or sugar substitute
1 teaspoon vanilla extract

Blend together the sour cream, sugar and vanilla in a small serving bowl. Use as a dip for the watermelon.

What makes watermelon so good for kids?
Vitamin C found in watermelon can help bolster the immune system’s defenses against infections and viruses. And don’t forget, it’s 92% water, making it a perfect hydrator!