WATERMELON SNACK HACKS

If you want to snack healthy, you need to plan wisely.

Snacks = 25% of our daily calories. Make them count with nutritious and delicious ingredients.

Watermelon Oatmeal Smoothie
- 2 cups cubed seedless watermelon
- 1 cup strawberries
- 2 tbsp instant oatmeal
- 5 oz low-fat lemon Greek-style yogurt
- 3-4 ice cubes

Blend ingredients until smooth.

DIY Bites
Skewer watermelon, turkey, and cheese cubes for a delicious kebob.

Ready-to-go
For breakfast on-the-go, blend cubed seedless watermelon, low-fat yogurt, and oatmeal.

Portion Prep
Turn watermelon into slices, sticks, cubes, and balls. Place in containers or baggies for perfect portions when you need them!

Little Dippers
Pair watermelon sticks with yogurt for dipping fun.

Creative Combo
Layer watermelon, chicken, spinach, and brown rice in a portable container. Protein-packed snack!

watermelon.org