HEALTHIER SWEETS FOR YOUR SWEETHEART

Watermelon Cupcakes
Yield: 8 servings
2 boxes cake mix
1/2 cup sugar substitute
3/4 cup vegetable oil
2 eggs
1 cup buttermilk
3 cups seedless watermelon, diced
3/4 cup frosting
Sprinkles for garnish

Watermelon Petit Fours
Yield: 12 servings
12 (1-inch) slices of seedless watermelon
12 (1-inch) slices of pineapple
12 candied almonds
Sugar in the Raw, for sprinkling

Hearts love watermelon
Beyond adding color and variety to your family’s diet, watermelon has other great benefits. Here are a couple of these heart-healthy reasons:

- Watermelon is the primary source of an amino acid called citrulline found in fruits and vegetables. Citrulline can help maintain blood flow within the heart and cardiovascular tissues.

- Vitamin C: Boosts the immune system’s defenses against infections and viruses. It also protects the body from harmful free radicals which accelerate aging.

- Vitamin A: Known to enhance eye health and boost immunity by enhancing the immune-fighting actions of white blood cells.

- Vitamin B6: Helps the immune system produce antibodies which fight diseases.

- Vitamin C: Boosts the immune system’s defenses against infections and viruses. It also protects the body from harmful free radicals which accelerate aging.

Lips and Love Basket
1 to 2 large, oval-shaped seedless watermelons
Green dry erase marker
Kitchen and paring knives
Melon baller
Assorted cookie cutters (X, O and heart shapes), if desired
Wooden skimmers Toothpicks
Fruits to make fruit salad filling

Large bowl and spoon

Wash watermelon under cool running water and pat dry. Cut outermost skin from watermelon on all sides and cut off 1/4 to 1/2 inch from stem and base, careful not to cut too deep into white part of mid to provide sturdy base. Use paring knife to cut out rind from edge. Draw around width of middle of watermelon. Use paring knife to cut along middle line, then separate the two halves. Use melon baller to scoop out watermelon for your base. Cut off half of watermelon in half and use dry erase marker to draw large set of lips on one half. Use paring knife to cut out lips. Once you have your lips, carefully separate the two lips and carefully cut lip shape into more finished look. Cut remaining 1/4-inch slices and cut out X’s, O’s or other shapes, depending on size. Attach lips to top of base using wooden skewers and toothpicks. Slice strawberries lengthwise into 1/8-inch slices, keeping stems intact. Attach slice of strawberry stem to top of each X, O or heart shape. Attach slice of strawberry with green top to center of each O and heart shape. Attach slice of strawberry slice (if desired) to center of each X. Place remaining 1/4-inch-thick slices of seedless watermelon on top of X, O and heart shapes. Use kitchen and paring knives to cut away rind. Use paring knife to cut out lips. Once you have general shape, carefully cut long, oval-shaped slice of watermelon. Use paring knife to cut around width of middle of watermelon. With marker, draw scalloped line within the heart and cardiovascular tissues.

FOR YOUR SWEETHEART

Watermelon Cupcakes
Yield: 8 servings
8 cupcake liners
8 cupcake-shaped pieces of seedless watermelon
2 cups pineapple cream cheese frosting
Sprinkles for garnish

Place liners in 8-cup cake tin. Cut 3-inch-thick slices of seedless watermelon. Cut round cupcake-sized pieces from slices. Put watermelon in each liner. Place dollop of frosting on each cupcake. Decorate as desired with sprinkles.

Watermelon Petit Fours
Yield: 12 servings
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Arrange watermelon slices on serving plate. Place frosting in piping bag and form all of six buttercream icing. Decoratively pipe frosting onto each watermelon slice. Place almond at top of frosting on each petit four. Sprinkle with raw sugar and serve immediately.

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