Food

Watermelon's Many Benefits

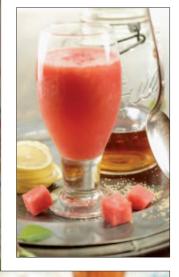
Just like mom, watermelon is a sweet and wonderful thing. Mom always told you to finish your frulls and vegetables, but did you know that watermelon boasts immunity benefits? Here are some of the perks for eating this julcy treat:

Vitamin A — This vitamin is known to promote eye health, while boosting immunity through the enhancement of white blood cells.

Vitamin B6 — Boosts the immune system by maintaining normal nerve function and forming red blood cells.

Vitamin C — Protects immune system against infections, viruses and harmful free radicals that accelerate aging and other conditions.

Potassium — A two-cup serving of watermelon also contains potassium, an essential mineral that maintains water balance in every cell.



Wonderful Ways to **CELEBRATE M**

others are incredible people. This year, make sure you properly thank her for all she has done for you by celebrating her with a day she'll cherish forever.



Here are a few ideas to make this Mother's Day her most memorable yet:

Befair to Garden Together
Before you shell out big bucks on chocolates and jewelry, consider a greener gift that mom can treasure from her window. Visit your local garden center or nursery and pick some vibrant beauties you know she'll swoon over. Supply the gloves, mom's favorite cocktails and snacks and make an event out of gardening with your favorite lady.

Create Your Own Card No matter how old you are, nothing says it better than construction paper, glitter and a little creativ-ity. If she's a grandmother, involve the kids and make it a family card project. Take a trip to your local hobby store to make sure you have all the goods for this tried-and-true ticket to mom's heart.

goods for this tried-and-true ticket to mon's heart.

* Plan a Beaufful Brunch
Create a colorful, bountiful brunch for mom.
Make a checklist of all the necessary ingredients,
ensuring you serve all of her favorities! For a fresh
twist on brunch, incorporate the sweet summertime goodness of watermelon and other fresh fruit.
Impress her with Breakfast Six Layer Trifle,
or make her smile with Watermelon Pancake
Sandwiches. Design a homemade menu card, and
throw in an arrangement of her favoritie blooms
for a finishing touch.

For additional recines and bound.

For additional recipes and brunch ideas, visit www.watermelon.org.

Mother's Day brunch wouldn't be complete without a fabulous serving of fresh fruit. These recipes include the summertime goodness of watermelon for a sweet addition sure to make mom smile.

Breakfast Six Layer Trifle

- ves: 8 to 12
 3 cups organic fat free vanilla yogurt
 2 cups low fat natural granola
 4 cups watermelon, minced
 3 cups organic fat free peach yogurt
 2 cups organic crisp rice cereal
 2 cups shredded occount
- 2 cups shredded coconut

Spread the vanilla yogurt over bottom of deep glass casserole or trifle dish. Layer remaining ingredi-ents in order listed above in even layers over vanilla yogurt.

Chunky Watermelon Lemonade

Serves: 2 to 3

- 2 cups water 1/3 cup raw sugar (or to taste) 2 cups seedless watermelon puree 1 fresh lemon, sliced thinly

- 1 fresh kemon, sliced thinly
 1/4 cup lemon juice
 1 teaspoon vanilla extract
 2 cups chopped seedless
 watermelon flesh
 In half-gallon pitcher with lid,
 mix 1 cup of water with sugar until
 completely dissolved. Stir in rest
 of water, watermelon puree, sliced
 lemon, lemon juice and vanilla
 extract. Stir to mix well and chill
 thoroughly. Stir in 2 cups of
 chopped watermelon before serving.

Watermelon Pancake Sandwiches

- res: 4
 2 tablespoons maple syrup
 8 silver dollar size
 (3 to 4-linch) natural
 blueberry pancakes
 homemade or
 prepared, warm
 4 slices seedless watermelon,
 same size as pancakes

same size as pancakes
Spread syrup over one side of each
pancake. Place slice of watermelon
on the syrup brushed side of 4 of
the pancakes. Top the watermelon
with other 4 pancakes, syrup side
down. Serve immediately.

Watermelon Waldorf Salad

- erves: n/a

 2 cups cubed watermelon
 (1/2-inch cubes)
 1/2 cup celery, sliced
 1/2 cup seedless red grape
 halves
 Dash of salt
 1/4 cup Greek yogurt
 2 tablespoons sliced
 almonds, toasted

almonds, toasted
Stir together watermelon, celery,
and grapes in bowl. Just before
serving, stir salt into yogurt for
dressing. (Add water to thin, if
necessary.) Pour dressing over
fruit; stir until coated. Sprinkle
with almonds.

©2013 Family Features Editorial Syndicate, Inc.