Summer Splash!

Chill out with cool watermelon treats

FAMILY FEATURES

There’s nothing quite like juicy, fresh watermelon to cool you off on a hot summer day. Whether you want to give the kids a refreshing, healthy snack or make a splash at a backyard barbecue, these recipes serve up great taste and good nutrition all summer long. For more tasty ways to make a summer splash, visit www.watermelon.org.

Did you know?

- Watermelon has higher concentrations of lycopene than any other fresh fruit or vegetable.
- Watermelon is naturally low in saturated fat, total fat and cholesterol.
- A 1/2-cup serving of watermelon is an excellent source of vitamin A and C and a good source of vitamin B6.

Watermelon Beach Party

1 watermelon — can be seeded or seedless
Cutting board
Kitchen and paring knives
Powdered sugar
Blue raspberries
Blue gelatin
Large bowl and spoon
Ice cream scoop
Fruit drink umbrellas

Make: 4 servings

**Beach Bucket**

Get 4 servings

- 1 cup watermelon cubes (seeds removed)
- 1/2 cup raspberries
- 1 cup water
- 1/2 cup sugar
- 1/2 cup lemon juice

**Watermelon Raspberry Lemonade**

Place watermelon, raspberries and water in container of electric blender. Cover and blend until mixture is smooth. Pour mixture into pitcher. Stir in sugar and lemon juice until sugar dissolves. Refrigerate until chilled, about 1 hour.

**Watermelon Popsicles**

Get 4 servings

- 1 watermelon — can be seeded or seedless
- Cutting board
- Kitchen and paring knives
- Melon baller
- Large bowl and spoon
- Green dry erase marker
- Kitchen and paring knives
- Cutting board

How to choose a watermelon

- Look for a firm, symmetrical watermelon that is free of soft spots.
- The watermelon should be heavy for its size.
- The underside of the watermelon should have a creamy color, not dark green or shiny.