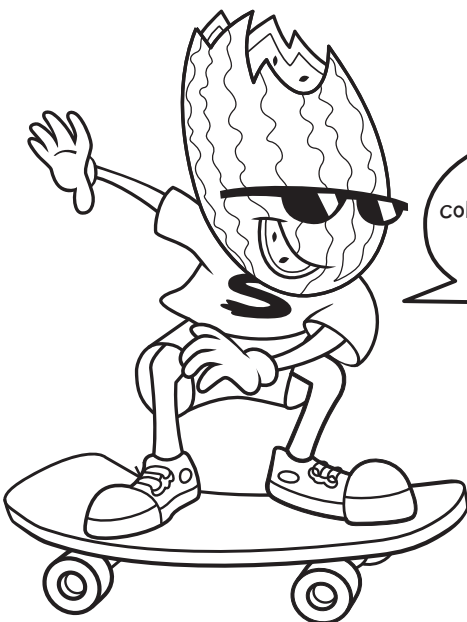


## Make Little Dippers with Your Family!



Don't forget to  
color the sticks red.  
It's really  
watermelon!

### Watermelon Dippers

8 ounces sour cream

4 tablespoons sugar

1 teaspoon vanilla extract

Watermelon sticks or small wedges

Blend together the sour cream, sugar and vanilla in a small serving bowl.

Use as a dip for the watermelon.

A 2-cup serving of watermelon is fat free and 92% water.

[watermelon.org](http://watermelon.org)

National Watermelon Promotion Board

