



# kids' bites

## Wild and Wacky Watermelon!

Summertime is the season for fresh watermelon. For a fun way to eat your fruits, try out this Watermelon Banana Split treat!

### Watermelon Banana Split

Prep time: 20 minutes  
Serves: 4

#### Ingredients

- 2 ripe bananas, peeled and sliced lengthwise in half and then in half again*
- 1 medium ripe watermelon, cut in half and "scooped" out with an ice cream scoop*
- 1 cup fresh pineapple, diced*
- 1 cup fresh strawberries, sliced*
- 1 cup fresh blueberries*
- ¼ cup caramel fruit dip*
- ¼ cup sliced almonds*

#### Directions

- 1. Place** 2 banana slices along the sides of a shallow dish, followed by 2 watermelon scoops in between.
- 2. Top** each "scoop" with pineapple, blueberries and strawberries.
- 3. Drizzle** with caramel fruit dip and **sprinkle** with sliced almonds. **ENJOY!**



► **WATERmelon** is right! Melons are made up of 92% water.

► There are 1,200 different varieties of watermelons grown worldwide.

► Watermelons contain vitamins A, B6 and C, good for eye and brain health and to boost your immune system.

► The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.

Disclaimer: "The Food and Nutrition advice in this magazine is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs."



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