



National Fruits and Veggies Month Recipe

Watermelon Pizza

Ingredients

- 6 blackberries
- 6 strawberries (halved)
- 1/4 cup fresh blueberries
- 1 Mandarin orange (peeled, separated into 6 pieces)
- 6 oz. nonfat vanilla Greek yogurt
- 1/4 cup pecans or walnut halves
- 1/2 of seedless watermelon (sliced into 6 pie-shaped pieces)
- 6 fresh mint leaves (optional)

Directions

1. Top each slice of watermelon with 1 oz. of yogurt. Equally distribute the remaining items across each slice of watermelon.

Note

- This is a kid-friendly dish. Decorating a watermelon pizza is a great activity for summertime children's groups.

Navy MWR Nutrition Tip: Watermelon is a nutritional powerhouse for rehydration and recovery post-workout. Watermelon is 91% water with a high content of potassium, magnesium, calcium, and other electrolytes.



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