



Essex Pediatrics

Food of the Month:

Watermelon



Nutritional Benefits:

- Loaded with the antioxidant Lycopene which helps to reduce risk for diabetes and cancer.
- Rich in the amino acid citrulline which can help keep blood pressure normal and may aid in lowering risk for heart disease.
- Contains the natural pigment, beta-cryptoxanthin, that may protect joints from inflammation.
- Contains vitamin A to help keep eyes healthy.
- Contains vitamins A, B6, and C which can help keep skin hydrated and supple.
- Natural hydration – watermelon is 92% water, so it's a simple way to help stay hydrated.
- Naturally sweet and a great way to satisfy a sweet tooth.

Have a Little Fun with Watermelon

Strawberry Watermelon Ice Pops

Ingredients

- 2 cups watermelon
- 1 medium lemon
- 10 medium strawberries
- 1/2 cup water (optional)



Instructions

- Blend together in a blender and add water if the mixture is too sweet for you.
- Pour into ice pop molds and freeze for 4-6 hours.



Watermelon Star Pops

Ingredients:

- 1/4 medium watermelon
- 8 4-inch cake pop sticks

Instructions:

- Use a cookie cutter to cut a star shape from slices of watermelon.
- Insert a stick into each star. Set the pops on an aluminum foil-lined baking sheet.
- Cover the stars with another sheet of foil and freeze for 1 hour or until firm