

# Watermelon

## Health Benefits

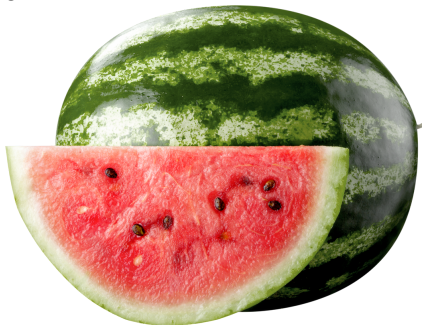
- Has a high water content which helps keep you hydrated.
- Contains vitamins that help prevent cell damage.

## Storage

At room temperature. After cutting, store in refrigerator covered.

## Preparation

Rinse outside of watermelon with water, cut into slices or cubes, eat the pink flesh on the inside of watermelon.



## Fruit Salad

**Ingredients:** 3-4 fruits. Choose any you like!



## Directions:

1. Wash and dice fruits.
2. Toss in a bowl.
3. Serve cold, optional: garnish with yogurt, granola or cereal.

**\*Add a little bit of lemon juice to keep fruit fresh salad and store in fridge for 2-3 days**