

Fruit Salad in a Watermelon Bowl

OSHC

Food Foundations



Serves: 20

Prep Time: 30 minutes

Cook Time: 0 minutes

Ingredients

- ½ large watermelon
- ½ rockmelon, halved, seeds removed
- ½ honeydew melon, halved, seeds removed
- 4 mandarins, peeled, segments separated
- ½ pineapple, peeled, cut into chunks
- 1 cup strawberries, halved
- 1 cup seedless grapes
- 1 tablespoon lime zest
- 2 tablespoon lime juice
- 1 bunch of mint, washed and shredded

Dressing

- 500g Greek yoghurt
- 2 teaspoon ground cinnamon

Method

1. With a spoon or melon baller, scoop the flesh from inside the watermelon, leaving, approximately 1cm of flesh to form the bowl.
2. Either scoop out or cut the honeydew and rockmelon into pieces.
3. Place all of the prepared fruits into the watermelon bowl and stir through the lime zest, lime juice and mint.
4. Combine the Greek yoghurt and ground cinnamon in a bowl and lightly drizzle over the fruit, or dollop on top when serving.

Recipe Notes:

This is a fantastic recipe to get the kids involved in making for a cooking experience, or to serve up as a colourful Christmas dessert!

Food Group	Serves provided per portion
Vegetables	0
Fruit	0.8
Grain foods	0
Lean meat and alternatives	0
Milk, yoghurt and cheese	0.1

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