

Watermelon Skewers

A Refreshing Picnic Sensation

Makes 12 Servings



1 Cantaloupe, halved

1 Honeydew melon, halved

1 small seedless watermelon, halved

Wooden skewers

For Drizzling:

¼ cup honey

2 Tablespoons lime juice

1 tsp mint, chopped

Directions:

1. Clean seeds out of both the cantaloupe, and the honeydew melons.
2. Using a melon baller, scoop out flesh from the melons.
3. Thread alternating fruit pieces onto wooden skewers.
4. For preparing the drizzle, whisk together the honey, lime juice and mint in a small bowl.
5. Drizzle over the top of the prepared fruit skewers.
6. Allow to stand for 2 to 3 minutes before serving.

Nutritional Info: Watermelon and Cantaloupe and Honeydew all contain high amounts of potassium, an important mineral that few people eat enough of. It's best to get your daily need for potassium from your diet vs. using supplements. The cheery red color in watermelon comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and diabetes as part of a healthy lifestyle. Watermelon has more of this nutrient than any other fruit or veggie -- even tomatoes.