

Watermelon is both a fruit and a vegetable. It's a fruit because it grows from a seed, and a vegetable because it's in the same family as the cucumber, pumpkin and squash. The large fruit is considered a type of berry. Watermelons originated from Africa and is found in Ancient Egypt art. Early explorers used watermelons as canteens. According to the Guinness World Record, the largest watermelon is 350 pounds. Americans eat more watermelon than any other fruit, an average of 16 pounds a year. Every part of the watermelon is edible including the seeds and rind. It's okay to swallow the seeds; chew them first for more nutrition. Watermelon is 91% water and only 6% sugar and low on fat.

**When do you stop at green and start at red?**

*When you're eating a watermelon.*

**What do you have left after a pig eats a watermelon?**

*Pork rinds.*



# Watermelon Fruit Leathers

These homemade Watermelon Fruit Leathers are so easy to make, great for lunches or a snack, and you'll only need 2 ingredients!

Prep Time: 30 min

Cook Time: 8 hr

Total Time: 8 hr 30 min

Yields: 10

## Ingredients

10 Cups Diced Watermelon

Sugar or Honey (optional & to taste)



## Instructions

1. First, preheat your oven to the lowest temperature possible or 170°F and line a baking sheet with good quality plastic wrap. . Use a plastic wrap that is microwavable and can tolerate low levels of heat so that it doesn't melt in the oven and mess up the Watermelon Fruit Leather. Make sure the plastic wrap has no ripples when placed on the baking sheet so that the Watermelon Fruit Leather won't have any extra lines or ripples once its baked.
2. Blend all of the watermelon in your food processor and place it in a mesh colander lined with paper towels to drain out the excess liquid. Use a wooden spoon to push the excess watermelon liquid through the colander.
3. If you desire to sweeten your watermelon, place the pureed watermelon back in the blender with your choice of sweetener & blend until the sweetener is evenly dispersed. If need be place the puree back in the colander one last time to remove any excess liquid.
4. Evenly spread the watermelon puree onto the center of the baking sheet using a spatula so that it is approximately 1/4 inch thick. Try to avoid spreading it to the edges of the pan for easy removal.
5. Bake the Watermelon Fruit Leathers for 6-8 hours, rotating the pan every hour. If you are baking more than one pan at a time make sure to rotate from top to bottom every hour as well as rotating it on the rack.
6. The Watermelon Fruit Leather is done baking when it is no longer shiny & has a matte appearance, it will also no longer be super sticky. . If your finger doesn't leave an impression when touching it, & if the fruit leather can be carefully separated from the plastic wrap without easily ripping, then it is done baking.
7. Let cool completely before removing the Watermelon Fruit Leather from the baking sheet.
8. Carefully pull the plastic wrap/fruit leather off the baking sheet & flip it onto a piece of parchment paper, fruit leather down. Remove the plastic wrap from the Watermelon Fruit Leather, cut off any excess fruit leather with a pizza cutter, & the excess parchment paper along the length side with clean kitchen scissors.
9. Cut the fruit leathers/parchment paper into long strips, about an inch wide, & roll them up. Keep your Watermelon Fruit Leathers stored in an airtight container for 3-5 days at room temperature or up to a week in the fridge.

# Watermelon Ice

This watermelon ice is made with only two ingredients, has no added sugar and is a delicious frozen treat for kids.

## Ingredients

2 lbs watermelon flesh, chopped  
(around 1/2 watermelon)

Juice of 1 lime

Lime zest

## Instructions

1. Place the watermelon, lime juice and zest into a food processor/blender and blend until smooth. (Use the zest of half a lime if you like the taste of lime but you may not want to add as much.)
2. Transfer the mixture to a shallow, freezable container and place in freezer.
3. After two hours, gently scrape the top layer with a spoon. Once you get to the unfrozen mixture pop it back in the freezer. Repeat after another 2 hours.
4. Freeze until solid (around 6 hours depending on surface area of container).
5. Scrape with a spoon and serve.



# Nutrition Facts

Serving Size 2 cups diced pieces,  
1/18 medium melon (280g)

Amount Per Serving

Calories 80                      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g                      0%

          Saturated Fat 0g                      0%

          Trans Fat 0g                      0%

**Cholesterol** 0mg                      0%

**Sodium** 0mg                      0%

**Total Carbohydrate** 21g                      7%

          Dietary Fiber 1g                      4%

          Sugars 20g

**Protein** 1g

Vitamin A 30%                      Vitamin C 25%

Calcium 2%                      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories 2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9                      Carbohydrate 4                      Protein 4