

# Watermelon pizza

Preparation time

5 minutes

Serves

2

Recipe courtesy of

Vanessa Schuldt, Accredited Practising Dietitian (APD)



Ingredients

Method

Nutrition

½ a watermelon (just one round slice is required)

½ cup french vanilla yoghurt

½ cup blueberries, washed

½ cup strawberries, washed & roughly chopped

½ cup seedless green grapes, washed and halved

1. Using a large sharp knife, cut a round slice of watermelon, about 2-3cm thick, from the middle of the melon.
2. Cut the watermelon round into 8 wedges.
3. Top each wedge with yoghurt (leaving some watermelon exposed).
4. Layer berries and grapes on top of the yoghurt.

Serve and enjoy.

Nutritional information is provided per serve

Engery	743kj
Protein	5g
Saturated Fat	<1g
Total Fat	<1g
Carbohydrates	37g
Sugars	36g
Dietary Fibre	4.5g
Sodium	54mg