

Watermelon pizza

Preparation time

5 minutes

Serves

2

Recipe courtesy of

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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 |