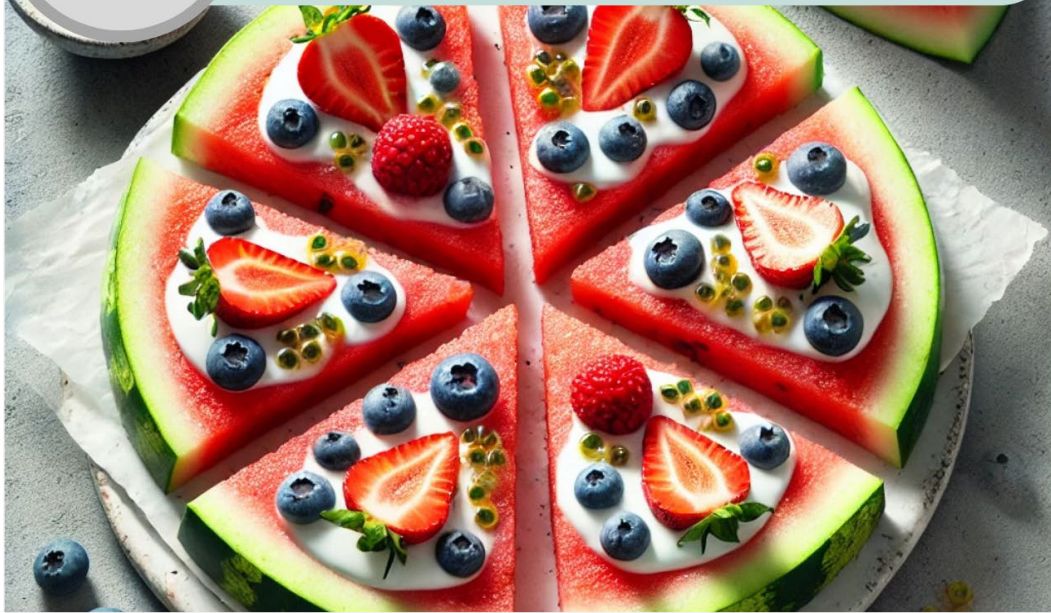




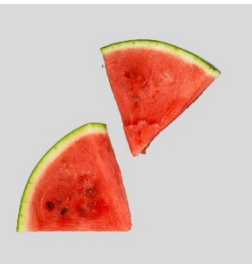
# Watermelon Pizza Recipe



This recipe takes 10 to 15 minutes to make.



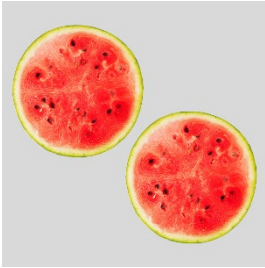
It will serve 6 people.



2 slices is 1 serving



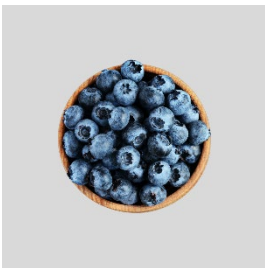
## Ingredients List



2 thick slices of watermelon



6 tablespoons of Greek yoghurt



1 cup of blueberries



1 cup of strawberries



2 tablespoons of passionfruit pulp



## Equipment List



Chopping board



Sharp knife



Tablespoon



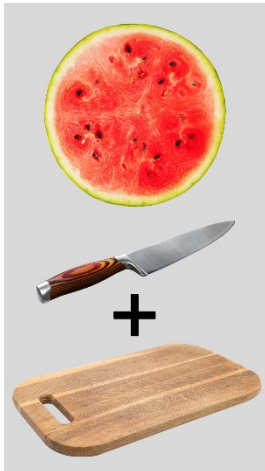
6 plates



A support person to help with the knife



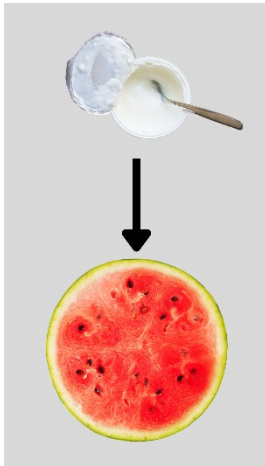
## Method



Cut 2 thick slices from the middle of the watermelon.



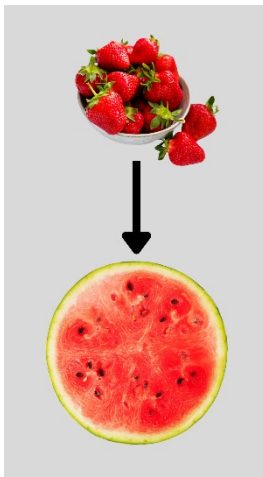
Ask a support person for help if you need it.  
Make each slice 2-3 cm thick.



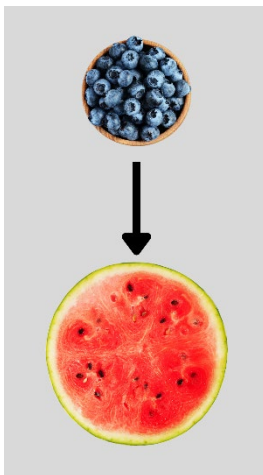
Spread 3 tablespoons of yoghurt on each watermelon slice.



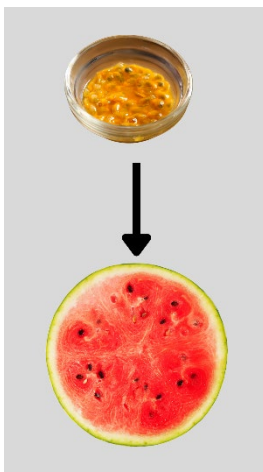
Chop the strawberries into slices.



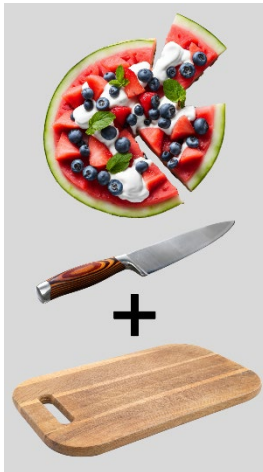
Put the strawberries on top of the yoghurt.  
Spread them out evenly.



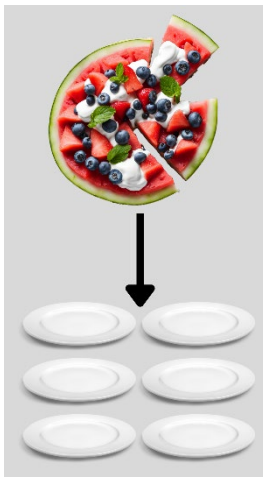
Put the blueberries on top with the  
strawberries.



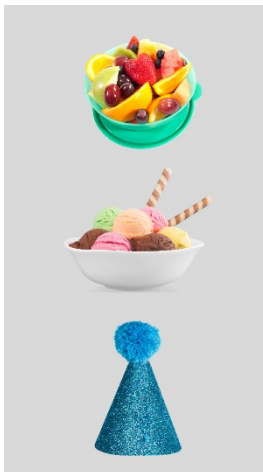
Spoon the passionfruit over the berries and  
yoghurt.



Cut each watermelon slice into 6 triangle pieces.

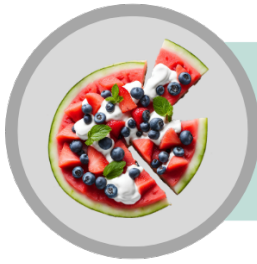


Put the watermelon pizza slices on the plates and eat straight away.

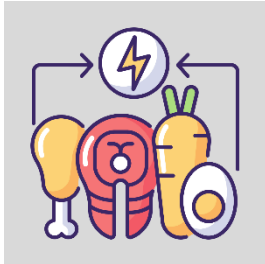


Eat watermelon pizza:

- As a snack
- For dessert
- At a party.



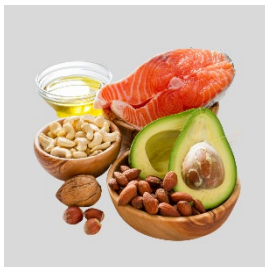
## Nutrition in Each Serving



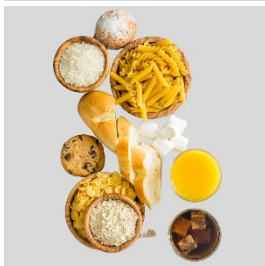
Low in energy



Low in protein



Low in fat



High in carbohydrates



Quite high in natural sugars





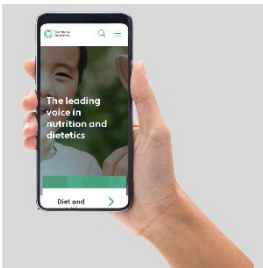
High in fibre



Low in salt



Watermelon Pizza easy to make and good for you!



For more recipes and tips, visit the Dietitians Australia website.



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