

Watermelon Fruit And Seed

Recipies

During Pregnancy



Watermelon Smoothie

- Take two cups of deseeded frozen watermelon cubes, one banana, 4 to 5 strawberries chopped, a teaspoon of honey, and a pinch of salt.
- Blend till well-combined and consume chilled.

Watermelon -Ginger Juice



- Puree two cups of cubed and deseeded watermelon.
- Strain the puree and add a tablespoon of lemon juice.
- Add an equal quantity of ginger ale to make a refreshing drink.



Baked Watermelon Seeds

- Collect mature watermelon seeds, wash them, and let them air dry.
- Preheat the oven to 325°F (160°C).
- Toss the dry seeds in a bit of oil and spread a thin layer on the baking tray.
- Bake for 10 to 15 minutes. Have them as a snack or add them to smoothies and salads.