

Nutrition Adventure: Help Baby Tom Tom Morph Watermelon into Popsicles



1. Chop up watermelon into small chunks and puree in the blender with an adult!
2. Pour the pureed watermelon into popsicle molds.
3. Freeze until hard.
4. If you'd like fruit chunks in your popsicle, you can add chopped pineapple, strawberries, or grapes to the watermelon in the molds. Enjoy!

Lycopene is what gives watermelon its red color. Lycopene is a fight-o-chemical (phytochemical) that helps fight off cancer!

After a long, hot day in the sun, watermelon is the perfect summer treat!

