



## Fruit Flower Blossoms

Makes 12-14 skewers. Prep time: 35 minutes.

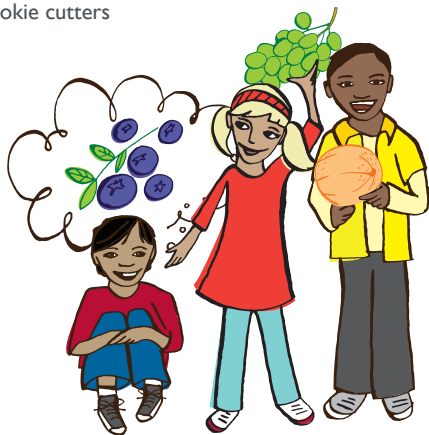
### Ingredients

- 1 watermelon
- 1 cantaloupe
- 1 honeydew melon
- 1 bunch each green and red grapes
- Handful of blueberries

### Equipment

- Wooden skewers
- Large and small sized cookie cutters

Make a pretty bouquet of flowers that tastes even better than it looks!



# Fruit Flower Blossoms

## Preparation

1. Turn the watermelon on its side. Cut a small slice off one end of the watermelon. This will make the melon stand up straight. Cut off a third of the watermelon from the other end.
2. Cut the removed end of the watermelon into ½-inch slices; cut the cantaloupe and honeydew melon into ½-inch slices. Use small and large flower cookie cutters to cut flowers from the melon slices.
3. Slide four grapes onto a wooden skewer. Slide a large melon flower onto the skewer. Slide a smaller melon flower on top. Put a grape or blueberry on the end. Make a lot of flowers from the fruit. Mix and match melons, grapes and blueberries.
4. Set the watermelon on a plate on the smaller cut end. Stick the skewers into the top of the watermelon for a fruity flower bouquet!



## Extra Credit

- You can use different kinds of cookie cutters, like hearts or stars, to make different flowers.
- Try making shapes from kiwis, strawberries or pineapples, too!

Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
70	0 g.	0 mg.	20 mg.	18 g.	1 g.	1 g.

The nutritional values and information provided are approximations.