



# Grass Jelly Watermelon Bowl



A bite of watermelon on hot summer days is immediately refreshing. Watermelon with grass jelly is a healthy dessert which is nutritious yet low in calories.



## Ingredients

- |                            |                |
|----------------------------|----------------|
| 1. Small watermelon        | ½ piece        |
| 2. Unsweetened grass jelly | 1 can (~530 g) |
| 3. Blueberries             | ¼ cup          |
| 4. Low-fat milk            | 120 ml         |

## Method

1. First, chill the watermelon and grass jelly in the refrigerator.
2. Scoop out the watermelon flesh by a watermelon baller until all the flesh is removed. Set the watermelon balls and juice aside.
3. Cut the grass jelly into small pieces.
4. Using the emptied watermelon as container, add in the grass jelly and watermelon balls, and finally garnish with blueberries.
5. To serve, use a bowl to portion out 1 serving of grass jelly, add in about half cup of watermelon balls, 2 tablespoons of watermelon juice and 2 tablespoons of low-fat milk.

## Nutrition / Preparation Tips

1. Watermelon contains antioxidants such as beta-carotene, vitamin C, and lycopene, which can reduce the damage to cells caused by the harmful substances “free radicals”.
2. Unsweetened soy milk or plant-based milk can substitute for low-fat milk.

## Notes for Special Diets

### ● Diabetic diet

Exchange each serving for 1 serving of fruit (1 carbohydrate exchange).

## Nutrient Analysis(per serving)

Energy(kcal)	65
Carbohydrate(g)	15
Protein(g)	2
Fat(g)	0
Dietary fibre(g)	0.6
Sodium(mg)	17.9

