

Summertime Sippers

Homemade lemonade with fresh fruit skewers

Makes 2 Servings

Ingredients

4 large grapes
1 mango, cut into 1½ inch cubes
1 small watermelon, cut into 1½ inch cubes
1 small honeydew or cantaloupe, cut into 1½ inch cubes
2 lemons, cut into wedges
2 packets of sugar

Fun Fact: The vitamin A in mango is good for your eyes and gives you “super” vision.

(Parents) Directions to Assemble Kit:

Punch straw holes through two cubes of mango, two cubes of watermelon, two cubes of honeydew and two grapes. Place fruit into a small plastic bag. Place lemon wedges into a small plastic bag. Place prepared fruit, lemon wedges, two fun straws, sugar packets and recipe into large reusable container. Place kit into refrigerator until use.

(Kids) Directions to Make Sippers:

To make lemonade, pour one cup of water into a cup. Squeeze lemon wedges into water, stir in one packet of sugar and add a handful of ice. Repeat steps to make a second cup of lemonade. Place straws into each cup of lemonade. Slide one piece of mango, watermelon, honeydew and grape onto each straw. Enjoy this refreshing snack.