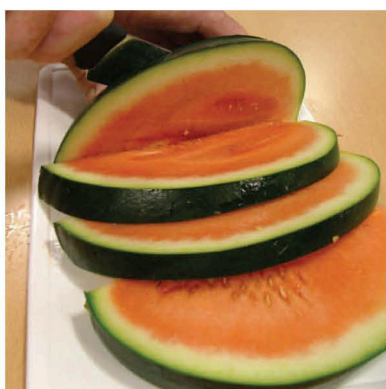
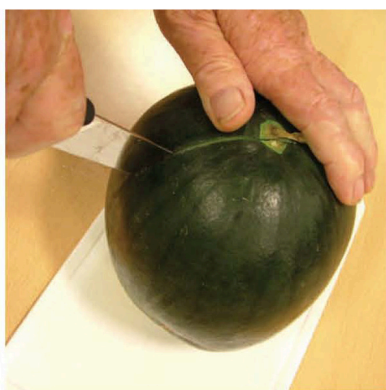


Water melon



1 medium
slice
= 1 of
your 5 a day

1 Using a large knife slice melon in half.

2 Cut into slices.

Tips

Can be added to fruit salad or served as a starter, but remember to firstly remove skin.