



WellBeingMD's Mindful Kitchen

Watermelon Pudding

Adapted from watermelon.org



Here is a summertime dessert that will surprise your family and guests!
Once the pudding is made, get creative and add your own toppings for a special flare!

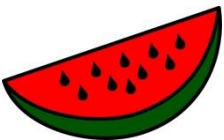
Makes 4-6 servings depending on serving size.

Ingredients:

1/4 cup brown sugar	1 1/2 cups watermelon juice , unstrained (blend chunks on high until liquefied)
1/4 cup sugar	2 organic egg yolks
3 tablespoons organic cornstarch	2 tablespoons unsalted organic butter
1/8 teaspoon salt	1 teaspoon vanilla extract
1/2 cup organic whole milk	

Directions:

1. Whisk together the sugars, cornstarch and salt in a saucepan.
2. Pour ¼ cup of the milk into the sugar mixture, stirring to form a smooth paste.
3. Whisk in the remaining milk, watermelon and egg yolks. Cook the pudding mixture over low heat, stirring continuously with a wood spoon until thickened, about 15 minutes. Do not allow it to boil.
4. Remove from heat and stir in the butter and vanilla.
Scrape the pudding into a bowl or individual serving cups.
5. Cover with plastic wrap, pressing the surface to make an airtight seal and prevent a skin from forming. Refrigerate until well chilled, about 1 hour.
6. Add whip cream, blueberries and slivered almonds for a festive dessert.



Watermelons are **about 92% water**, but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of **vitamins A, B6 and C**, lots of **lycopene, antioxidants and amino acids**. There's even a modest amount of **potassium**. Plus, this quintessential summer snack is **fat-free, very low in sodium and has only 40 calories per cup**. Lycopene has been linked with heart health, bone health and prostate cancer prevention. It's also a powerful antioxidant thought to have anti-inflammatory properties. To really maximize your lycopene intake, let your watermelon fully ripen. **The redder your watermelon gets, the higher the concentration of lycopene** becomes. **Beta-carotene and phenolic antioxidant content also increase as the watermelon ripens**. Another phytonutrient found in the watermelon is the amino acid citrulline, which converts to the amino acid arginine. These amino acids promote blood flow, leading to cardiovascular health, and improved circulation.

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Home of "The Mindful Kitchen"

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