



Watermelon

Lakota: špaŋšniyútapi

Sampling Display Instructions

Watermelon Smoothie

Ingredients	16 Samples	32 Samples	48 Samples
Samples: ¼ cup serving.	Yields about 3 cups. Make this amount in the blender each time.	Yield 6 cups. Makes 2 blender batches.	Yield 9 cups. Makes 3 blender batches.
Lemon fat-free yogurt	8 oz	16 oz	24 oz
Cubed, seeded watermelon	3 cups	6 cups	9 cups
Fresh or frozen strawberries, cleaned and hulled	2 cups	4 cups	6 cups
Honey or strawberry jam	1 Tablespoon	2 Tablespoons	3 Tablespoons
Ice cubes	2	6	9

Directions:

Cube and seed watermelon. Clean and hull strawberries. In a blender or food processor, prepare one batch at a time. Combine yogurt, watermelon, strawberries, honey/jam and ice cubes and process until smooth and frothy. Keep chilled and place in an airtight container or sealed pitcher.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Recipe video (optional)
<https://youtu.be/dRDzC8TT8jk>
- Pick it! Try it! Like it! produce sign as table tent
- Pick it! Try it! Like it flyer or recipe card
- Food allergy sign on table

Notes:

- Transport ingredients to the store in a sealed container in a cooler over ice. Using the blender prepare one picture of watermelon smoothie. Keep samples chilled on a cake pan with a layer of ice.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the "allergy warning" sign. Place only a few samples at a time. Ask parent's permission before children may sample.
- Ask them if they use watermelon often as snacks. Ask if they could use this recipe.
- Remind them that this is a good way to use slightly soft but still good watermelon.
- Lakota word translated by Jeshua Estes