FROZEN WATERMELON LEMON CREAM TARTS

**MAKES: 8**  **TOTAL TIME: 20 MIN + FREEZING**

**INGREDIENTS:**
- 2 Cups cubed seedless watermelon
- 1 Cup fat-free plain Greek yogurt
- 2 Tablespoons honey
- 1 ½ Teaspoons grated lemon zest
- 1 Tablespoon lemon juice
- 2 Tablespoons sliced almonds, toasted
- Halved lemon slices, optional

**DIRECTIONS:**
Line 8 muffin cups with paper liners. Puree watermelon in a food processor; divide among prepared cups. Freeze 1 hour.

Mix yogurt, honey, lemon zest and lemon juice; spoon over watermelon layer. Sprinkle with almonds. Freeze until firm, about 1 hour. If desired, top with lemon slices before serving.

PIT ROAD POPSICLES

**MAKES: 12**  **TOTAL TIME: 15 MIN + FREEZING**

**INGREDIENTS:**
- 1 ¾ Cups vanilla yogurt, divided
- 2 Tablespoons honey, divided
- 1 ¼ Cups fresh or frozen blueberries (thawed), divided
- 1¼ Cups sliced fresh strawberries, divided
- 12 popsicle molds or 12 paper cups (3 ounces each) and wooden popsicle sticks

**DIRECTIONS:**
Place 2 tablespoons yogurt, 1 tablespoon honey and 1 cup strawberries in a blender; cover and process until blended. Remove to a small bowl. Chop remaining strawberries; stir into strawberry mixture.

In blender, process 2 tablespoons yogurt, remaining honey and 1 cup blueberries until blended. Remove to another bowl. Stir in remaining blueberries.

In each mold, layer 1 tablespoon strawberry mixture, 2 tablespoons yogurt and 1 tablespoon blueberry mixture. Top with holders or popsicle sticks. If using paper cups, top with foil and insert popsicle sticks through the foil. Freeze until firm.

PIT CREW KABOBS

**MAKES: 12**  **TOTAL TIME: 20 MIN**

**INGREDIENTS:**
- 1 Cup vanilla yogurt
- ½ Cup sour cream
- ½ Teaspoon ground cinnamon
- 2 Tablespoons honey
- 2 Cups fresh strawberries
- 1 ½ Cups green grapes
- 8 Ounces cubed cheddar or Monterey Jack cheese

**NOTES:**
Mix first 4 ingredients to make your dip. On 12 wooden skewers, alternately thread strawberries, grapes and cheese cubes. Serve immediately or refrigerate.

**TASTE BUDS....START. YOUR. ENGINES!**

**TRY THESE HEALTHY SNACKS TO KEEP YOU ENERGIZED AND FIT DURING THE RACE.**

Be sure to grab an adult to help you.