



## Happy Memories: [Flag Day](#)

### Red, White, and Blue Fruit Plate

*A party dish that's easy to prepare and serve*

#### **Creamy Vanilla Dip**

1 cup Greek vanilla yogurt  
1/8 teaspoon cinnamon  
1/4 teaspoon pure or white vanilla extract  
1 cup plant based heavy cream, whipped

#### **Fruit**

1 small whole seedless watermelon, cut into  $\frac{3}{4}$  inch slices  
3 to 4 cups fresh blueberries, cleaned, pat dry

- In a small bowl, combine yogurt, cinnamon, and vanilla extract.
- In a medium bowl, whip cream until thick and fluffy. Fold in yogurt mixture until blended and smooth.
- Spoon into 5-to-6-inch small bowl; cover with plastic wrap; Refrigerate until serving.

- Cut chilled watermelon slices into wedges; remove rind and seeds. Refrigerate until serving time.
- To Serve: Place chilled vanilla dip in center of large serving plate. Arrange watermelon wedges around edge of serving plate, points facing out.
- Arrange blueberries in a circle around the inside edge of watermelon wedges.  
Serves: about 4 to 6

**Recipe Inspired by:** The Pillsbury Company, Party Time, 1989.

**About the Recipe:** Sweet watermelon should be called wonder melon since it has a fantastic taste and is loaded with vital nutrients that are so good for all of us. Combine that with superfood blueberries, and this dish is a winner. Serving it with vanilla flavored yogurt dip makes it a real party dish.