

COOK THIS, **NOT THAT!**

EAT THIS

12 WATERMELON TRENDS YOU HAVE TO TRY RIGHT NOW



Melt those [love handles](#) in time for the beach this [summer](#) with these trendy, watermelon-inspired drinks and eats!

"Pass me a watermelon," my friend said last weekend, over Memorial Day. I handed her a slice of seedless, but she pointed instead at the cooler. "No," she said, "I meant the beer!"

Watermelon's been "on trend" since your last wet, hot American summer. But this summer, it'll be in everything from cold brews to detox waters, as food marketers try to make it the next Cronut or matcha tea. [Eat](#) This, Not That! approves: Not only does watermelon help you stay hydrated during those intense, summer heat spells, it also holds a bevy of vitamins and minerals.

In fact, it's scored the top spot on the list of foods high in lycopene, a phytonutrient that is essential for maintaining good bone and cardiovascular health. And researchers are finding that watermelon holds a significant amount of an amino acid called citrulline. Once absorbed in the body, citrulline has the ability to convert into another amino acid called arginine, which is accountable for improving blood flow, and—bonus—reducing fat cells. Pretty neat!

Just one cup of watermelon records 250 mg of citrulline, so make sure to stock up on these watermelon-based foods to meet your [rapid weight loss](#) goals and stay slim!

3 SPROUTED WATERMELON SEED BARS



Free of GMOs, gluten, nuts, and soy, Sprouted Grow bars are only made from wholesome, real ingredients. In fact, each flavor— dark chocolate, mint chocolate and zesty lemon— only have seven or eight ingredients—all pronounceable! The top two ingredients in each bar are sprouted watermelon seeds and dates, and each has 12 grams of protein. Say good-bye to those granola bars laden in sugar and instead get your energy from an energy bar full of raw plant protein. And stay slim for summer by avoiding these [50 Little Things Making You Fatter and Fatter!](#)

4 SPROUTED WATERMELON SEEDS



The creators of the Sprouted Watermelon Seed Bars, Go Raw have also taken the seeds out of the bar and plopped them into a 10 ounce bag. Amazingly, just one ounce contains 8 grams of protein! That's equivalent to 2 tablespoons of peanut butter! Sprinkle these bite size, hearty seeds onto a salad or [Greek yogurt](#) for an extra boost of protein—and just a dash of salt.