



# Watermelon with cheese mousse filling

20'  
Hands on

8-10  
Portion(s)

1  
Difficulty



## Method

For the cheese mousse

- Add the anothyro cheese into a food processor and beat for 1-2 minutes, until the cheese is dissolved.
- Add the honey, the vanilla extract, the lemon zest, and beat for 3-4 minutes until the mixture is homogenized. Regularly scrape down the sides of the bowl with a spatula so that the whole mixture is well-combined.
- Transfer into a [bowl](#), add the yogurt, and mix with a spatula.
- Transfer the mixture into a [pastry bag](#) and refrigerate until needed.

To assemble

- Cut the watermelon in half and then, cut each half into 4 cm thick slices.
- Cut each slice into 3 pieces, approximately.
- With a knife, carefully cut the inside of each piece so to create a 2 cm cavity and fill it with the cheese mousse. The watermelon left should be 1 cm thick on each side.
- Fill with the cheese mousse and serve with mint leaves.

## Ingredients

- 1 watermelon
- 500 g anothyro cheese
- 150 g honey
- 1 teaspoon(s) [vanilla extract](#)
- lemon zest, of 1 lemon
- 200 g strained yogurt
- mint leaves, to serve

## Διατροφικός πίνακας

Nutrition information per portion

228 Calories (kcal)	8.7 Total Fat (g)	5.6 Saturated Fat (g)	29.0 Total Carbs (g)
11%	12%	28%	11%
29.0 Sugars (g)	7.7 Protein (g)	0.5 Fibre (g)	0.56 Sodium (g)
32%	15%	2%	9%