In honor of April Fool's Day let us introduce you to the "Be Well way of baking": quick, healthy, and delicious! Fool your family and friends with this simple and flavorful recipe trick*:

Ingredients
- 1 large seedless watermelon
- 2 cans full fat coconut milk (left in fridge for 6 hours or more)
- 1/2 tsp. vanilla extract
- 1 Tbsp. honey or agave nectar
- 1 cup sliced raw almonds or shredded coconut
- Seasonal fresh fruit (for topping)

Directions

All you need to make this cake is a large seedless watermelon, some sliced almonds or toasted coconut, two cans of full-fat coconut milk, and your favorite fresh fruits. You may want to purchase an extra can of coconut milk in case one does not separate (it doesn't happen often but it can happen!).

HOW TO CUT YOUR WATERMELON

CUT HERE   AND HERE   BUT NOT HERE!

TURN ON ITS SIDE AND REMOVE THE RIND   SLICE WATERMELON INTO WEDGES

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Slicing the watermelon into the shape of a cake creates the base, and the whipped coconut cream creates the frosting. The nuts or toasted coconut and fresh fruit add a beautiful and delicious decoration. Yes you can use a thick yogurt or whipped cream instead of coconut milk if you use dairy products (it must be VERY thick or it will not adhere well to the watermelon).

This is best when served within a few hours of assembly. An overly ripe watermelon will probably release more liquid and will not last as long. Don't forget to pat the watermelon dry with the paper towels before adding the coconut whipped cream to help it adhere.

TO MAKE THE COCONUT WHIPPED CREAM
1. Make sure to place the can of coconut milk in the refrigerator for at least 6 hours (or overnight). This will cause the cream to separate from the milk. The cream will be at the top of the can.
2. Open the can of coconut milk and scrape out the cream into a medium sized bowl. Hint: You can open the can from the bottom and pour the milk out into a separate container before scraping out the cream. You can use the saved milk for smoothies and other recipes.
3. Add the vanilla and honey (or agave nectar) to the mixture. Whip the cream with a hand mixer on medium speed and work your way up to high speed until the cream is fluffy. Place the bowl of whipped cream in the fridge until ready to use.

This recipe is gluten- and dairy-free!

*Source: http://www.paleocupboard.com/watermelon-cake.html