

Strawberry Watermelon Slush

Ingredients:

2 cups cubed watermelon pieces,
deseeded

1 heaping cup of strawberries, fresh
or frozen

2 Tbsp lime or lemon juice

Optional:

1-2 Tbsp sugar or honey

Fresh mint or basil

Ice cubes

*Can also use 1/2 cup lemonade
in place of the juice and sugar*



Directions:

1. Puree watermelon and strawberries in a food processor or blender until smooth. Add lemon juice, optional sugar and blend to combine.
2. Transfer mixture to a bowl, cover and freeze until solid, 8-10 hours.
3. Move to the refrigerator 2-4 hours before serving.
4. Using an ice cream scoop, serve shavings in a cup or bowl.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

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