

Featured Fruit

WATERMELON

This hydrating local fruit is rich in Vitamin C and the antioxidant Lycopene!



Watermelon Slushie/ Agua Fresca

Ingredients	Directions
<ul style="list-style-type: none">● 1 Watermelon (or about 3 cups, chopped)● 4 cups sparkling water● Juice of 2 Lemons● 2 tsp Honey (optional)● Fresh mint, to serve● Ice <p>Also needed:</p> <ul style="list-style-type: none">● Blender	<ul style="list-style-type: none">● Wash hands, wash everything!● Chop watermelon into bite sized pieces, removing the rind.● Add the sparkling water, watermelon, lemon juice and honey to a blender and blend until smooth.● Strain the drink through a sieve into a jug to remove any seeds.● Pour over ice OR blend ice into drink to make a slushie.● Serve topped with a sprig of fresh mint and enjoy!