

Christmas watermelon slushy

Traffic light category: **Green**

Serves: 4 (approximately 260mL)

Ingredients

- 4 cups (approx 700g) chopped, seedless watermelon
- 2 cups (approx 300g) frozen strawberries
- ½ cup mint roughly chopped, plus extra to garnish
- Juice of 1 lime (optional)

Method

Place all ingredients in a blender, blend until smooth. Serve immediately.



Options

- Cut stars from watermelon and place on rim of the cup for a festive decoration
- If fruit isn't frozen add ice to the blender for a super cold slushy
- Substitute any frozen fruit for strawberries such as banana or mango
- Mix can also be frozen for a healthy icy pole treat.