

Watermelon Lime Slushie

INGREDIENTS

- 2 cups watermelon
- 2 cups ice or Frozen watermelon
- 1/4 cup lime juice
- 2 tbsp fresh mint leaves, plus more for garnish

PROCEDURE

- Puree the watermelon, ice, lime juice, and mint in a blender until you get a slushie consistency.
- Pour into glasses and garnish with a sprig of mint (optional).

4 SERVINGS 5 MIN



Adapted from: www.diabetesfoodhub.org



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