

CHRISTMAS WATERMELON SLUSHY



Traffic light category: **Amber** <300ml

Serves: 4

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

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

optional

- 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.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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