



RECIPES

Watermelon Slush

INGREDIENTS:

- 1 cup ice
- 3 cups watermelon chunks
- 2 Tbsp of honey or favorite sweetener

INSTRUCTIONS:

1. Blend all ingredients in a blender or food processor. Serve immediately

Makes 2 servings

*For more recipes, visit wjmc.org/recipes
or call 504.349.1232*



Adapted from: *Eating Well Through Cancer*