

Watermelon Berry Cooler

4 C. watermelon cut up
1 C. raspberries (fresh or frozen)
1 lime juiced
honey or agave if desired
1-2 C. ice as desired

Place all ingredients in a blender. Blend until smooth. I use this recipe especially when a watermelon is not as crunchy as everyone would like or we can't eat it fast enough. It has the yummiest flavor and can easily be turned into frozen popsicle treats as well. Watermelon seeds are great support for the kidneys as well as supplying electrolytes for the body. A great source of antioxidant rich vitamins, minerals, oxygen, and water to supply the body. Keep nourished and hydrated in the summer heat!

Recipe by Kelly Pomeroy