

watermelon slush

Watermelon is about 95% water! It can help keep you well hydrated. So drink up!



Ingredients

- 5 cups diced, seedless watermelon
- 2 Tbsp. sugar
- Juice of one lime (optional)
- 2 cups ice cubes

Instructions

1. Combine watermelon, sugar, lime, and ice cubes in a blender.
2. Blend until smooth. Serve immediately.

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