

# STRAWBERRY WATERMELON SLUSHIE



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program** Online

**Location:**

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Enjoy this healthy and hydrating homemade slushie on a hot summer day!-

## Ingredients

- 2 cups (500 mL) fresh chopped watermelon cubes
- 1 ½ cups (375 mL) sliced frozen strawberries
- ½ cup (125 mL) cold water-
- Juice of 2 limes
- 2 tsp (10 mL) honey-(optional)--

## Preparation

1. Place all of the ingredients in a blender.
2. Blend on high speed for about two minutes, or until you obtain a smooth consistency.
3. Pour the slushie into your favourite glass.

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4. Serve immediately and enjoy!

**Yield:** Two servings

