**Watermelon Refresher**

**Makes 2 servings  
10 minutes**

* 1 medium sized seeded watermelon
* 1 fresh squeezed lime juice
* 1 cup of ice or frozen strawberries, grapes or peaches\*
* few leaves of basil or cilantro
* 1 tbsp honey + a little extra for cup rim
* 1 tsp Himalayan salt

\*optional

1. First, scoop or cut the watermelon into a blender. De-seeding is your choice, we enjoy the extra fiber!  
2. Second, Freshly squeeze one lime into the blender.  
3. Third, mix in the honey and ice, blend the ingredients.  
4. Fourth, spread honey onto the rim of your cup and dip it in a lid with the Himalayan salt in it.  
5. Last, transfer mixture to choice of cup, and garnish with cilantro or basil. Enjoy!

*Tips:*

* Drop some fresh berries, such as strawberries or raspberries for additional sweetening and enjoyment!
* Grapes make wonderful ice cubes if you plan ahead to freeze some for this refreshment.
* You can make this into a slushy by scooping out the watermelon carefully and preserving the shell for later. Then freeze the water guts for blending with all the same ingredients the next day!
* This can easily become a cocktail if you're over 21, and enjoy sweet drinks to compliment your choice of beverage.