

## Cooking With Kids

Fun Recipes from BCPL Cafe

# Watermelon Slushies

Prep: 15 minutes Yield: serves 4

10 cups seedless watermelon, frozen for at least 24 hours

2-4 Tablespoons Maple syrup. or any other sweetener

Juice of 1 lime

¼ cup fresh Mint or Basil, loosely packed  
(Optional, but recommended)

1 ½ cups Filtered water

\*This recipe requires using a blender.

**BE CAREFUL.**

Adult supervision is advised.

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Let the watermelon chunks sit at room temperature for 10-15 minutes to defrost a little.

Next, add the watermelon, 2 Tablespoons Maple syrup (or other sweetener), lime juice, mint or basil and water to a high speed blender.

Pulse the blender until the watermelon starts to break up some, then blend to form a thick slushy consistency.

Adjust the Maple syrup (or other sweetener) to taste, adding more if necessary. If the mixture is too thick for your liking, you can add in extra water and blend quickly.

Divide equally into 4 glasses, serve and enjoy!

\* For a fizzy alternative, substitute the water for flavored sparkling water of your choice.