

## Beverage

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# Watermelon Lemonade

J. M. Hirsch

Palm Beach Post - A.P.

**Servings: 4**

**Start to Finish Time: 5 minutes**

*Other frozen or fresh fruits - such as raspberries, strawberries, bananas, peaches or grapes (especially frozen grapes) - also can be added when blending. If so, you may need to increase the amount of lemon juice to balance the other flavors.*

**4 cups ice**

**4 cups watermelon chunks**

**1/3 cup lemon juice**

**2 tablespoons honey (sugar can be substituted)**

**pinch salt**

In a blender, combine the ice, watermelon chunks, lemon juice, honey and salt.

Puree' until smooth, about 1 minute. (You may need to stop the blender and stir the ingredients once to ensure everything blends evenly.)

Serve immediately.

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Per Serving (excluding unknown items): 5 Calories; 0g Fat (0.0% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Fruit.