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## Watermelon Slush

2 cups cubed watermelon  
¼ cup water  
1 cup frozen strawberries  
1 Tablespoon honey (optional)

Place water and watermelon in blender. Blend until smooth.  
Add strawberries and chop/blend until slushy.  
If the watermelon is not super sweet, add 1 Tablespoon honey to sweeten.  
If slush is too thick, add water 1 Tablespoon at a time and blend to desired consistency.  
Makes 2-4 servings.

Watermelon is a good source of lycopene, a phytonutrient that has anti-inflammatory and antioxidant health benefits. But most importantly, it is nature's candy and tastes great! I hope you enjoy this slush and make your own variations with fruits in season!

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