



Watermelon Smoothies

Recipe from Suzanne Somers' Fast & Easy

1 ½ pounds ripe watermelon, rind and seeds removed or seedless watermelon, cut into chunks (about ¼ of a watermelon)
1-teaspoon sweetener (optional)
Juice of 2 limes
6 ice cubes
Lime slices, for garnish

Place watermelon, sweetener, lime juice, and ice in a blender. Puree until smooth. If mixture is too thick, add a touch of very cold water until the smoothie blends well. Adjust taste by adding a little more sweetener or lime juice. Serve in tall, frosty glasses garnished with a slice of lime.

Makes two to three 12 oz. glasses

Created by Lynn A. Orbin