Watermelon and Basil Smoothie

Serves: 2

Place all ingredients in a blender in order listed and blend. Strain if necessary

Ingredients

- 2 cups Watermelon
- 1 TBSP basil
- ½ cup water
- 1 cup ice

A touch of basil’s bitterness paradoxically brings out watermelon's sweetness. The earthy aroma of basil enhances subtle flavors in watermelon. Basil's pungency adds zest for an exciting finish.

Puree basil & watermelon in a blender and serve chilled. Use seeds and all if your blender is powerful enough to grind them (watermelon seeds are edible). Alternatively, you can strain the seeds after blending

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