

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

Chef Chandra

S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

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