



Watermelon & Pink Lady® Apple Coconut Fresca

Beat the heat with this summer chilled watermelon and Pink Lady® apple infused fresca! Get your glow on with hydrating coconut water blended with fresh spearmint and wild robust honey. Serve icy cold in glass mason jars!

DESIGNED FOR 3-4 SERVINGS

Ingredients:

- 2 medium sized pink lady® apples, peeled and cut into chunks
- 3 cups frozen watermelon, cut into chunks*
- 1 handful fresh spearmint, no stems
- 1 cup fresh coconut water, chilled
- 1 tbsp raw honey
- 1 pinch sea salt

You will need:

- high speed blender
- 3-4 glass mason jars
- straws

Take one watermelon and cut chunks. Remove seeds and rind. Place in a freezer protected container and freeze overnight. Reserve a few slices with rind to decorate glasses, place in refrigerator. The next day, peel, core and cut into chunks two apples. In a high speed blender, place frozen watermelon, apple and pour in chilled coconut water. Blend on high until slushy consistency. Drizzle in honey, throw in fresh spearmint and sea salt. Blend lightly. Pour into chilled glass mason jars. Place watermelon slice on the side of each glass and quirky colorful straws. Add sprinkles of sea salt. Must be refrigerated. Enjoy this summer treat!

**Recipe & Photography done
by Megan Ameral**

