WATERMELON

WATERMELON REFRESHER

INGREDIENTS:

- 2 CUPS CHOPPED WATERMELON
- 1-2 FROZEN BANANAS
- 1 CUP CHOPPED CUCUMBER
- 2 TBSP CHOPPED MINT
- 1 CUP WATER

DIRECTIONS:

COMBINE ALL INGREDIENTS IN BLENDER, PUREE UNTIL SMOOTH.
*USE GINGER IN PLACE OF MINT FOR A DIFFERENT TASTE.

EAT IT ALL

RIND
SEED
FRUIT

TASTEFUL HARVEST

OKLAHOMA FARM TO SCHOOL