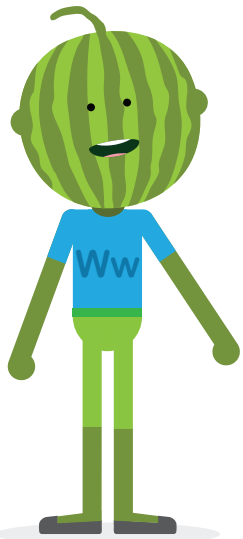


Marvelous Melon cooler

Summer

I will quench your thirst
and give you an energy burst.



Walter Watermelon

Give me a little squeeze,
I'll help you breathe easy.



Limmy Lime

I help digest your food,
and brighten your mood.



Murray Mint

What ingredients we are going to need

Watermelon, Lime and Mint with ice.

It is so easy to do

Blend a large chunk of watermelon, with 1/8 lime and a mint leaf per child. Pour over ice. Cool!!!

Why it is good for us

Watermelon is super refreshing and hydrating as it contains 92% water, it can make you feel happy and energised. It can improve muscle and nerve function, is good for your heart, eyes and your bones. The high vitamin C content in watermelon can boost your immune system and help to heal wounds. Watermelon may also help with maintaining a healthy weight.

Limes can help with weight loss, skin care, digestion, constipation, eye & gum care, mouth ulcers and respiratory disorders.

Mint can help with indigestion, flatulence and tummy troubles and help reduce fever, nausea and vomiting.

It can also soothe skin and help to cure infections and itching. Mint can stimulate your body against depression and fatigue and be beneficial against asthma and can help cure bad breath, relax the body and mind, and reduce stress. Together these superstars will give you a light and refreshing pick me up that can boost your metabolism to keep you going without weighing you down.