

Watermelon Juice

Yield: whatever you want

Prep time: 10 minutes

Ingredients:

Organic watermelon, including seeds and rind

Directions:

Juicer version – cut pieces small enough to fit in the filler tube of your juicer. Process and enjoy!

Blender version – cut into small pieces placing the watermelon fruit down near the blades to help them turn. Process in small batches so the rind does not become stuck in the blades. Squeeze pulp mixture through a “*More Than a Nut Milk Bag*” (www.rawsomecreations.com) and enjoy.

Juice can be stored in a glass jar in the refrigerator for several days.

Note:

Add lime and/ or mint for a refreshing twist.

Watermelon fruit with the rind contains a plethora of vitamins, minerals, amino acids and anti-oxidant components. It can improve blood circulation, act as an anti-inflammatory after exercise and is fat free. In addition, juicing the rind combined with the fruit slows down the rush of natural sugars to your blood stream.

Forget the seedless ones and juice the seeds right along with the fruit and rind. The seeds are great for cleansing your kidneys

Never juice the rind unless it's organic.