

# HONEY WATERMELON

summer, refreshing, healthy, natural defence

For  
**3**  
Glasses

## Ingredients:

750 g watermelon

½ lemon

20 g honey

20 g water

**Preparation:** Boil the honey and water. Let it cool.

Remove the rind and pips from the watermelon and cut into large pieces. Peel the lemon. Process the watermelon and lemon in the J 80 Ultra/J 100 Ultra centrifugal juicer. Pour the honey then the watermelon into the glasses.

*Decoration: serve with thin slices of watermelon.*

**Benefits:** Watermelons, rich in water, are thirst-quenching and refreshing with no risk of weight gain: they have **very few calories**. Watermelons are also a source of vitamins A, B and C.

**Robot-Coupe tips:** Before processing in the Ultra juicer, fruit and vegetables with thick skins must be peeled (eg: watermelon).

