

Watermelon Smoothie

Ingredients

1500g of watermelon

500g Greek Yoghurt

or

500g Cream Custard (available boxed from most supermarkets)

Yoghurt gives a sharp taste whilst custard gives a smoother, sweeter, taste.

For a refreshing summer drink on hot days, yoghurt or custard should have been stored in a refrigerator for the previous 24 hours.

This recipe produces approximately 4 pints of smoothie.

Method

The following method may have to be divided into sections depending on the capacity of your blender. We find that our machine needs the following quantities divided between two successive blends.

- Slice the watermelon into quarters.
- Run a long-bladed knife just inside the skin to release the watermelon flesh.
- Cut the released flesh into manageable chunks – typically about 5 x 2cm.
- Put these chunks into your blender.
- Add Yoghurt or Custard to taste.
- Blend the mixture until uniform and smooth.
- Pour into glasses.
- Enjoy!

