



Recipes



Preschool

Watermelon Lime Slushie

Prep time: 15 minutes

Serving size: 1/2 cup

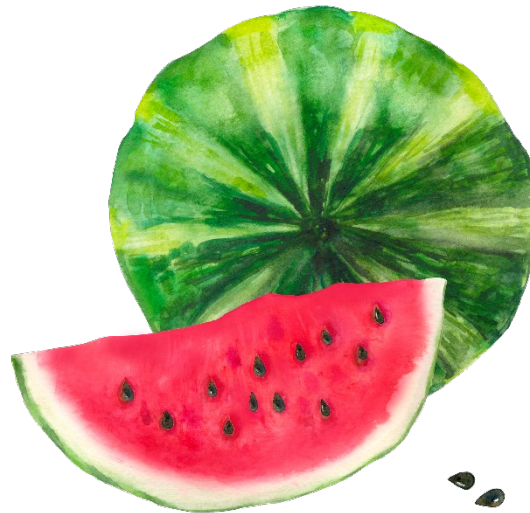
Makes: 12 servings

Tools:

- Blender
- Knife (for teacher's use)
- Cutting board (for teacher's use)
- Child-safe knives
- Children's cutting boards
- Serving cups

Ingredients:

- 1 medium watermelon
- 2 limes
- 1 cup water
- 2-3 cups ice



Directions:

1. Show all the ingredients to the children.
Talk about what the foods are that are being used.
2. Cut the watermelon in half and then in large slices.
Remove the skin and white part.
3. Children use child-safe knives to cut watermelon into cubes and place the cubes into the blender. Go over the "claw and saw" method for cutting food safely.
4. Cut limes in half and will squeeze lime juice into the blender.
5. Children will add water and ice, push the blender button and blend until smooth.
6. Determine the length of time for sufficiently blending the slushie mix.
7. Let the children spoon the slushie into the individual cups and take a photograph.
8. Share with the families the recipe and the photographs so they can make the school to family connection!

