



INGREDIENTS

- 2 cups of watermelon pieces
- ½ cup of mixed frozen berries
- 2 tablespoons of Kfibre
- 6 ice cubes



watermelon pieces

PROCESS

- Pulse the seeds into a powder in a food processor or the ladyship
- add the k fibre, the fruit and blend
- Add the ice cubes and pulse to create slushi
- Serve and enjoy
- This refreshing drink is full of antioxidants, cooling and a wonderful prebiotic.
- You can freeze the mix in popsicle moulds for your kids.



mixed frozen berries



Kfibre



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.