



BODYBUILDING.com™

Watermelon Sorbet

Serving size: 2 scoops

Recipe yields 4 servings

Ingredients

3-1/2 cups frozen watermelon chunks (about half a watermelon)

2 tsp fresh lime juice

2 scoops Signature Watermelon Lime Amino Plus Energy

1 tbsp raw honey (optional)

1/4 cup warm water (more if needed)

Directions

1. Place watermelon, lime juice, Amino Plus Energy, and honey in food processor and pulse to chop.
2. Add warm water and continue pulsing to break down watermelon. Blend until smooth and serve.