



Nutrition
TEAM
with Kim Ross

Watermelon Soup

Serves: 6

Prep time: 30 minutes

Total time: 30 minutes

Ingredients:

½ of a Watermelon, seedless

1 sprig fresh Rosemary

2 tbsp lemon juice



Directions:

1. Put ½ cup of water and the rosemary sprigs into a small pot and bring to a boil. Once boiling, turn off and let steep for about 10 minutes.
2. Cut the rind off of the watermelon and dice into chunks.
3. Place the fresh watermelon (except for 2 cups) into the blender with the rosemary infused water and lemon juice, blend.
4. Mix in the remaining watermelon chunks and serve!
5. Enjoy!

Note: This would also be good if you replaced the rosemary with mint.

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*