

AICR's Weekly Health-e-Recipe email from: www.aicr.org.

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COOL DOWN WITH A FRUIT FREEZE

Research has shown that eating a variety of fruits and vegetables [can reduce your cancer risk](#). Contribute to your daily fruit servings and quench your thirst with this fun drink that's sure to please. Inspired by Italian ice, this concoction is a slushy combination of lycopene-rich watermelon and antioxidant-abundant blueberries that can be enjoyed with a spoon or through a straw as it melts.

Blueberry Watermelon Freeze

- 1 cup 3/4" cubed seedless red watermelon, frozen*
- 3/4 cup frozen blueberries
- 2 tsp. finely-chopped fresh ginger
- 1/4 cup apple juice concentrate
- 1 Tbsp. lime juice
- 1/4 cup water
- Fresh mint, for garnish, optional

In a blender, combine the frozen melon, berries, ginger, juice concentrate, and lime juice. Add 1/4 cup water. Blend until it is icy and fine-textured, stopping to scrap down the sides of the blender two or three times. Pour it into a wide glass, garnish with mint and serve, accompanied by a spoon.

* Freeze peeled, cut-up watermelon in a resealable plastic bag.

Makes 1 serving.

Per serving: 211 calories, less than 1 g. total fat (0 g. saturated fat), 53 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 20 mg. sodium.



AICR's *Campaign for Cancer Prevention* has begun. Volunteers are sending letters to their neighbors. If you receive one we hope you will respond with a donation. For more information or to volunteer go to aicrgive.org and click on *become a volunteer*.

To see more AICR recipes visit our [Test Kitchen](#).

We want to know what you think. Send your questions and comments to recipes@aicr.org.
[AICR's Diet and Health Guidelines for Cancer Prevention](#).

The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer prevention and educates the public about the results.

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