Strawberry, Rosewater and Mint Slushie

**Equipment**

- Blender
- Paring knife
- Juicer

**What to do**

1. Hull and wash strawberries if they are fresh. Gently pat dry with paper towel.

2. Juice the lemon.

3. Wash and pick the mint leaves.

4. In a large bowl crush ice with rolling pins.

5. Place strawberries, mint, rosewater, lemon juice, coconut water, orange juice and ice in blender.

6. Blend till strawbs are crushed completely. Check sweetness and add a little coconut sugar if needed. Serve in jars immediately.

7. Garnish with a sprig of mint.

**Ingredients**

- 500g Fresh or frozen strawberries
- 6 fresh mint leaves
- 1/2 lemon, juiced
- 1 tspn Rosewater
- 1-2 cups coconut water
- 1-2 cups freshly squeezed orange juice
- 1 cup crushed ice

Opt. Add a little coconut sugar to taste if needs sweetening.

**From the Garden**

- Mint
- Lemon
- Strawberries