

Watermelon & Cantaloupe Juices by Chef Linda Kordich

Healthy Juicing

Allergens: None

Ingredients for Watermelon juice

- 1 watermelon
- 1 lemon
- Salt to taste

Directions for juicing Watermelon

1. Start by washing the rind of the watermelon with lukewarm water, then slice a lemon in half and squeeze the juice of the lemon onto the watermelon rind. Then sprinkle salt onto the rind that has been covered with lemon juice. Using your hand scrub the watermelon rind with the lemon juice/salt mixture thoroughly. Scrub the whole watermelon then rinse with cold water.
2. Dry the watermelon off and begin to cut the watermelon into sections that will fit into your juicer, making sure to not discard the rind and white part of the watermelon or the seeds.
3. Begin juicing the watermelon sections, making sure to use equal parts rind, white part and the red fruit part and seeds.
4. If desired, you may use a sieve to remove any excess pulp that may have passed through your juicer.
5. Pour into glasses and serve to your family, friends and don't forget, yourself... Enjoy!
6. We recommend using a cold press or slow juicer if you want to store this juice for later use. Freeze any empty container, we prefer using stainless steel lined, cold storage bottles that have the ability to keep juices cold for 24 hours. The juice is best consumed within 48 hours. If using a bottle that has a 12-hour ability to keep the juice cold, it is best consumed within 24 hours.

Ingredients for Cantaloupe juice

- 1 Cantaloupe
- 1 lemon
- Salt to taste

Directions for juicing Cantaloupe

1. Start by washing the rind of the cantaloupe with lukewarm water, then slice a lemon in half and squeeze the juice of the lemon onto the cantaloupe rind. Then sprinkle salt onto the rind that has been covered with lemon juice. Using your hand scrub the cantaloupe rind with the lemon juice/salt mixture thoroughly. Scrub the whole cantaloupe then rinse with cold water.
2. Dry the cantaloupe off and begin to cut the cantaloupe into sections that will fit into your juicer, making sure to not discard the rind and green of the cantaloupe or the seeds.
3. Begin juicing the cantaloupe sections, making sure to use equal parts rind, green part and the orange fruit part and seeds.

4. If desired, you may use a sieve to remove any excess pulp that may have passed through your juicer.
5. Pour into glasses and serve to your family, friends and don't forget, yourself... Enjoy!
6. We recommend using a cold press or slow juicer if you want to store this juice for later use. Freeze any empty container, we prefer using stainless steel lined, cold storage bottles that have the ability to keep juices cold for 24 hours. The juice is best consumed within 48 hours. If using a bottle that has a 12-hour ability to keep the juice cold it is best consumed within 24 hours.