

Watermelon slushie

(Serves 4)

Promote production of butyrate and reduce production of hydrogen sulphide with this recipe rich in fructooligosaccharides (FOS).



Ingredients:

- 8 cups frozen watermelon cubes
- Juice of 1 large lime
- ¼ cup mint
- 3 tbsp maple syrup
- 1.5 cup filtered water

Method:

- Add the ingredients to a blender.
- If the mixture is too thick, add extra water.
- Serve in your favourite glasses.