

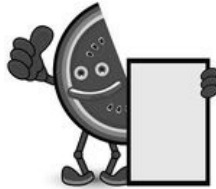
# Meals from Your Market



## Homemade Vitamin Water

- Watermelon
- 1-2 sprigs of Rosemary
- 2 cups Watermelon
- 12 cups water (16 cups equal 1 gallon)

1. Muddle (mash) rosemary in gallon picture/jug, just until fragrance is released. You do not want to chop them up, unless you are interested in chewing them while you drink.
2. Add watermelon, water and ice.
3. Let sit in fridge for at least 3 hours
4. Serve and enjoy!



*Recipe provided by Jermale D. Eddie,  
Malamiah Juice Bar*

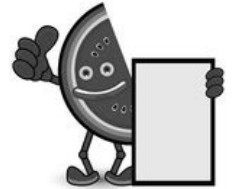
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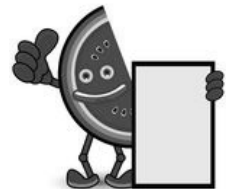
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