

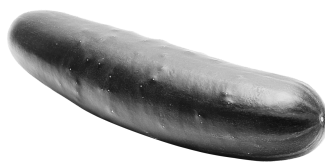
WATERMELON COOLER



INGREDIENTS Serves: 4 | Serving Size: 1 1/2 cup



Watermelon
4 cups, cubed



Cucumber
1 medium



Lime Juice
1/3 cup



Water
1 Cup

INSTRUCTIONS

1. CUT WATERMELON



Cut watermelon into cubes. Measure 4 cups and put in the blender.

2. PREP CUCUMBER



Peel and cut cucumber. Add to the blender.

3. ADD LIME JUICE



Pour lime juice into the blender.

4. ADD WATER, OPTIONAL



If desired, add water.

5. BLEND AND SERVE



Blend until smooth. Add water or juice as needed.

TIPS AND TRICKS

- Watermelon can be cut and frozen ahead of time to make this more of a slushy.
- Cucumber can be cut and frozen for up to 3 months.
- Experiment with other ingredients, such as mint, or lemon juice instead of lime.
- Pour into small cups to make into popsicles.

NUTRITION INFORMATION

Calories: 60

Total Carbohydrate: 16g

Protein: 1.5g

Dietary Fiber: 1g

Total Fat: 0g

Total Sugar: 11g

Sodium: 3mg