

Watermelon Slushies

Ingredients:

- 2 cups watermelon
- 15 ice cubes
- 1 tablespoon water or lemon juice

Directions

1. Chop watermelon into large pieces and place in blender with liquid.
2. Blend until melon is broken down; add ice cubes and blend again. Add more liquid for a thinner slushy. Serve immediately.

Nutrition Facts

Serving Size 1 slushie (319g)
Servings Per Container 2

Amount Per Serving

Calories 45 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 1g

Vitamin A 15% • Vitamin C 20%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

