



Watermelon Slushie

YIELD: 4 SERVINGS

PREP TIME: 10MIN

BY: LAUREN OLIN, SEP. 8, 2015

Watermelon Slushie

PREP TIP: FOR AN ICY DESSERT, AFTER BLENDING, POUR WATERMELON SLUSHIE INTO CUPS OR MOLDS & FREEZE.

CHANGE IT UP: MAKE THIS RECIPE USING HONEYDEW MELON OR CANTALOUPE. ADD 1/2 FRESH BANANA.

NUTRITION TIP: MELON IS VERY SWEET AND LOW IN CALORIES. IT'S A PERFECT SUMMERTIME DESSERT.

INGREDIENTS:

- 7 ICE CUBES
- 2 CUPS WATERMELON, FRESH, SEEDS REMOVED, CUT INTO CHUNKS
- 1 TEASPOON, HONEY (OPTIONAL)

INSTRUCTIONS:

1. PLACE THE ICE CUBES INTO A BLENDER. COVER, & PULSE UNTIL CRUSHED.
2. ADD THE WATERMELON & BLEND FOR ABOUT 1 MINUTE, UNTIL SLUSHY.
3. ADD THE HONEY, & BLEND FOR ABOUT 10 SECONDS. SERVE IMMEDIATELY.

NUTRITION FACTS (PER PORTION)

-22 CALORIES -5.7G CARBOHYDRATES
-0.1G FAT -0.5G FIBER
-0.5G PROTEIN -2MG SODIUM



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