

Watermelon Slush



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Makes 4 Servings

What You Need

3 cups diced watermelon
2 tablespoons lime juice
1 tablespoon sugar (optional)
1 cup crushed ice
1/2 cup water

Per Serving

Calories 48
Carbohydrates 12g
Protein 1g
Fat 0g
Dietary Fiber 0g

How You Prepare

Blend watermelon, lime juice, sugar, ice and water in a blender until smooth.