

Watermelon Lime Slushie



Ingredients:

- 2 cups watermelon
- ¼ cup (~2 limes) lime juice
- 2 tbsp fresh mint leaves
 - Extra mint for garnish

Directions:

1. Add all ingredients to blender, save extra mint for garnish.
 - *For best results cut up into ice cube size pieces and freeze prior to making.*
2. Blend until slushie consistency.
3. Pour into glasses and garnish with mint.

Nutritional information:

Calories.....25
Total Fat.....0 g
Saturated Fat0 g
Cholesterol0 mg
Total Carbohydrate.....7 g
Dietary Fiber1 g
Protein1 g
Sodium0 mg
Serving Size6 oz (3/4 cup)
Recipes yields.....4 servings

Prep time: 2 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/watermelon-lime-slushie.html>