

## Watermelon-Citrus Cooler

A new-age beverage with a surprisingly refreshing flavor.

### Ingredients:

- 2 cups cut-up watermelon
- ¼ cup lemon juice
- 2 tablespoons lime juice
- ¼ cup sugar
- ¼ to ½ teaspoon ground ginger, if desired
- Crushed ice

### Directions:

Place watermelon in blender container; blend on high speed until pureed. Add lemon and lime juices, sugar and ground ginger. Continue blending until mixed. Pour over crushed ice. Serve immediately.

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Tip: Substitute ½ cup gingerale for lemon and lime juices, sugar and ginger for a carbonated variation.

Servings: 2 (1-cup) servings

Each serving provides 1 cup of fruit.

*The USDA Dietary Guidelines recommend Americans eat 5 to 6 cups of fruits & vegetables each day.*

### Nutrition information per serving:

Calories 152 (2% calories from fat)

Fat <1 g

Saturated fat <1g

Trans fat 0

Cholesterol 0mg

Total Carbohydrate 39g

Dietary Fiber <1g

Protein 1g

Sodium 11mg

% Daily Value: Vitamin A 17%, Vitamin C 39%, Calcium 2%, Iron 2%

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