

# Watermelon Sipper

4 cups fresh watermelon chunks, seeds removed  
6 cups water, seltzer water or club soda  
Juice of 2 limes

Instructions: Put watermelon and water into a blender and blend until the mixture is smooth. Pour into a pitcher. Squeeze lime juice into watermelon water and stir. Enjoy in a glass of ice.

Yield: 8 servings (1 cup each)

**Nutrition Facts** (*per serving*): 20 calories, 0 grams fat, 0 milligrams sodium, 7 grams carbohydrate, 1 gram fiber, 0 grams protein