

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES Recipe provided by:

Nutrition & Wellness Educator Jenna Smith, MPH, RD Serving McLean, Livingston, & Woodford Counties

## 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

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