CDC Recipes: Watermelon Lime Refresher

Ingredients

• 4 cups cubed watermelon
• 2 cups strawberries
• 2 limes
• 2 cups ice
• 6 large basil leaves

Preparation

1. Add chopped watermelon, chopped strawberries and juice from 2 limes into a blender.
2. Top with 2 cups of ice.
3. Blend until smooth, about 30 seconds to 1 minute.
4. Serve in individual glasses and top with strawberry slice and basil leaf.

Details

Yield

6 servings

Serving size

1 cup

Pro Tip

Pour mixture into popsicles molds to make a fun summer treat. But remember to include this beverage in your fluid total for the day if you have been told to monitor fluid intake.

• Calories: 56
• Carbohydrates: 14 mg
• Protein: 1 g
• Fat: 9 mg
• Sodium: 2 mg
• Potassium: 226 mg
• Phosphorus: 29 mg