

CDC Recipes: Watermelon Lime Refresher



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.

Ingredients

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

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