

# Recipe for

## HYDRATING WATERMELON SLUSH

EQUIPMENT NEEDED whisk, medium pitcher or tall cup, fork

cutting board, knife

SERVES 4 ESTIMATED COST \$6.79 COST PER SERVING \$1.69

### INGREDIENTS

- 2 cups watermelon, de-seeded and cubed
- 2 tbsp fresh basil or mint, chopped
- 16oz water
- 2 ea lime, juiced
- 2 1/2 tbsp maple syrup
- sparkling water, optional

### METHOD OF PREPARATION

1. Muddle watermelon and fresh herbs in a medium pitcher or tall cup using a fork or other utensil. You may also chop the watermelon into small pieces.
2. Add in water, lime juice, and maple syrup. Whisk well to combine.
3. Taste and adjust flavors.
4. Optionally, top off with a splash of sparkling water. Enjoy!

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### NUTRITION INFORMATION

Hydrating Watermelon Slush		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	52.6 kcal	3 %
<b>Total Fat</b>	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	2.5 mg	0 %
<b>Total Carbohydrate</b>	13.9 g	5 %
Dietary Fiber	0.3 g	1 %
Sugars	10.9 g	
<b>Protein</b>	0.4 g	1 %
Vitamin A	1 % • Vitamin C	18 %
Calcium	2 % • Iron	1 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### HEALTH BENEFITS

**Watermelon** - made up of 92% water keeping you hydrated during hot weather. It's a rich source of vitamin C and vitamin A which both can support healthy skin and hair.



### HEALTH BENEFITS

**Maple syrup** - natural sweetener containing antioxidants to reduce oxidative damage and healthy cells. Darker syrups contain more antioxidants than lighter varieties.

#### References:

1. Recipe provided by Reanetta Perkins