



PHOTO CREDIT: Food Hero

## Watermelon Cooler

Source: Food Hero

Serving size: 1 cup Servings per recipe: 3

A simple, refreshing drink with only two ingredients.

Ingredients	Materials
3 cups cubed watermelon, with seeds removed 1/2 cup orange juice	Blender, measuring cups, knife

### Directions

Place watermelon and juice in blender. Put lid on tightly.

Blend until smooth.

Drink immediately.

Refrigerate leftovers within 2 hours.

## Nutrition Facts

Serving Size about 1 cup (194g)

Servings Per Container 3

Amount Per Serving

**Calories 70**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 16g**      **5%**

Dietary Fiber 1g      **4%**

Sugars 13g

**Protein 1g**

Vitamin A 20%      • Vitamin C 45%

Calcium 2%      • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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<http://fingerlakeseatmartnewyork.org>

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