

Watermelon Slushies

Yield: 4 servings

Ingredients

- 6 cups chopped watermelon



Preparation

The night before your picnic, puree 6 cups chopped seedless watermelon in a blender until smooth, pour into a shallow airtight container and freeze. Bring the frozen watermelon on your picnic (it'll double as an extra ice pack) and let thaw slightly, then mash with a fork and spoon into cups.

Nutritional Information: Amount per serving

- Calories: 68
- Calories from fat: 0%
- Fat: 0g
- Saturated fat: 0g
- Protein: 1g
- Carbohydrate: 17g
- Fiber: 1g
- Cholesterol: 0mg
- Sodium: 2mg
- Sugar: 14g

*Recipe Courtesy of Food Network Kitchen
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