

Watermelon Cooler

This is a great refreshing beverage during the Summer time for the whole family to enjoy!

Makes: 3 servings

Prep Time: 5 minutes

Source: foodhero.org recipes - watermelon cooler

Ingredients

- 3 cups cubed watermelon, with seeds removed
- ½ cup orange juice

Directions

1. Place watermelon and juice in blender. Put lid on tightly.
2. Blend until smooth.
3. Drink immediately.
4. Refrigerate leftovers within 2 hours.

Utensils Needed

- Liquid Measuring Cup
- Blender
- Mixing Spoon
- Knife
- Cutting Board



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	70
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	16 g
Dietary Fiber:	1 g
Total Sugars:	13 g
Added Sugars:	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	15 mg
Iron	0 mg
Potassium	244 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$5.62

Average cost/serving: \$1.87

Makes: 3 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart

100% Orange Juice 64 fl oz



Add 1 to Cart

Fresh Watermelon

SAVE TIME, SAVE MONEY

My Cooking Notes

Leftover Tips

- Looking for something to do with extra watermelon? It can go great in a fresh fruit salad or better yet, fruit kebabs!
- Leftover orange juice can be stored in the refrigerator for up to 7 days!