



Spiked & Slushed Watermelonade



Entire recipe (about 16 oz.): 158 calories, <0.5g total fat (0g sat. fat), 2mg sodium, 16g carbs, 0.5g fiber, 10g sugars, 1g protein

Prep: 5 minutes



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Ingredients

- 1 cup cubed seedless or seeded watermelon
- 2 tbsp. lemon juice
- 1 1/2 oz. white rum
- 2 packets no-calorie sweetener
- 1 cup crushed ice (about 8 ice cubes)

Directions

Place all ingredients in a blender, and blend until smooth.

MAKES 1 SERVING

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