



## 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

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

**Prep:** 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.