

Watermelon Limeade

Makes 4 servings

Ingredients

- 1 ½ pounds seedless watermelon, rind removed and sliced
- 6 fresh limes, squeezed (about ¾ cup juice)
- ½ cup honey
- 1 ½ cups cold water

Directions

1. Place watermelon slices into a food processor or blender. Blend until smooth.
2. Over a large mixing bowl, strain blended watermelon through a fine-mesh sieve, stirring to push through as much juice and pulp as possible.
3. In a small mixing bowl, combine lime juice and honey. Stir until honey dissolves.
4. Pour watermelon juice and pulp, lime juice and honey mixture, and water into a pitcher. Stir well.
5. Serve cold.



TIP

Add frozen fruit cubes for a boost of nutrition!
Place a piece of fruit in each section of an ice cube tray, add water and freeze.

 = heart smart

 = low sodium

 = gluten free

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Nutrition Facts

Serving Size 1 cup (347g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 50g **17%**

Dietary Fiber 1g **4%**

Sugars 43g

Protein 1g

Vitamin A 20% • **Vitamin C 30%**

Calcium 2% • **Iron 4%**

*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

Carb choices per serving: 3 ½