

Watermelon Mint Slushie

Makes 6-8 drinks

Ingredients:

- 6 cups of frozen watermelon cubed, seeds removed
- 1 ½ cups of tonic water (regular or your choice of flavor)
- Juice from one fresh lime
- 1 cup of ice
- *2 Tablespoons of agave syrup, 2 Tablespoons of sugar, or
Tablespoon artificial sweetener of choice
- 6-8 mint leaf sprigs
- (Optional): 1 cup frozen fruit of choice (we recommend some kind of berry!)



1

**try out different options to sweeten this drink until you find your favorite. Then, see if you can reduce the amount you use over time!*

Directions:

1. Cut watermelon into cubes and remove seeds. Store in an airtight container or zip-lock bag in the freezer overnight.
2. Combine all ingredients except for the mint leaves in a blender or food processor and blend until slushy consistency is achieved.
3. Pour into drink glasses and garnish with mint leaf sprigs.

Nutrition Information per serving:

Calories: 78, carbohydrates: 20g, fat: 0g, saturated fat: 0g, cholesterol: 0mg, protein: 1g, **added** sugar: 4g, fiber: 1g, sodium: 1mg

Adapted from: https://www.awortheyread.com/blueberry-watermelon-lemonade-slush/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=728035942_29501838_246577