

# Strawberry Watermelon Slushy



Makes: 2 slushies

## Ingredients:

- 3 cups of fresh or frozen watermelon
- 1 1/2 to 2 cups of frozen strawberries
- 1 cup of coconut water

## Instructions:

1. Put all of the ingredients in the blender and mix to a thick, slushy consistency.

2. Enjoy!

## Nutrition Facts

Servings 2.0

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Amount Per Serving

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calories 122

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% Daily Value \*

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Total Fat 0 g 0 %

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Saturated Fat 0 g 1 %

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Monounsaturated Fat 0 g

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|                         |      |
|-------------------------|------|
| Polyunsaturated Fat 0 g |      |
| Trans Fat 0 g           |      |
| Cholesterol 0 mg        | 0 %  |
| Sodium 124 mg           | 5 %  |
| Potassium 296 mg        | 8 %  |
| Total Carbohydrate 31 g | 10 % |
| Dietary Fiber 3 g       | 12 % |
| Sugars 12 g             |      |
| Protein 1 g             | 2 %  |
| Vitamin A               | 0 %  |
| Vitamin C               | 0 %  |
| Calcium                 | 44 % |
| Iron                    | 4 %  |