Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.
¾ cup per serving.

Prep time: 10 minutes

Ingredients

2 cups chopped melon (cantaloupe, honeydew, or watermelon)

2 cups cold water

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg