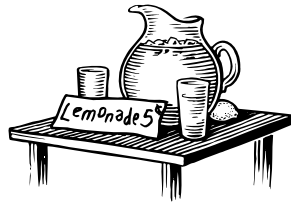


## **Watermelon & Strawberry Lemonade**

Serves 4 (about 1 cup each)

4 cups cubed seeded watermelon  
½ cup sliced fresh strawberries  
¼ cup fresh lemon juice  
½ cup sugar  
1 cup water



In a blender container, blend all ingredients until smooth and creamy. Pour into glasses and serve immediately.

Per serving: 150 calories, 0 g fat, 1 g protein, 40 g carbohydrate, 0 mg sodium