



Watermelon Cooler



From *FoodHero.org*

Ingredients



- 3 cups cubed watermelon, with seeds removed
- 1/2 cup orange juice

Yield: 3 cups
Serving Size: 1/2 cup



Directions



1. Place watermelon and juice in blender. Put lid on tightly.
2. Blend until smooth.
3. Drink immediately.
4. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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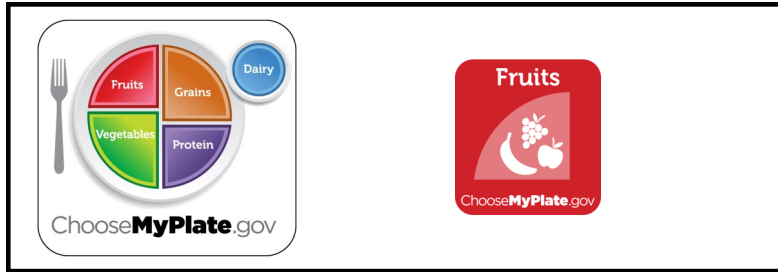
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Fast Facts



Featured Food Groups



Cooking Tips

- Juice from 2 oranges (about 1/2 cup)
- Lime juice is a good substitute for orange juice also

Nutrition Facts

Serving Size about 1 cup (194g)
Servings Per Container 3

Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 20%	Vitamin C 45%
Calcium 2%	Iron 2%

*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



Second Harvest is an equal opportunity provider.



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