

Watermelon Cooler



Makes eight 1-cup servings, which can be poured over ice.

Per serving: 49 calories, 1 g protein, 11 g carbohydrate, 1 g fiber, <1 g fat, 0 g saturated fat, 0 mg cholesterol, 3 mg sodium
No caffeine, no alcohol

You'll want to begin preparing this a day—or at least a few hours—ahead by freezing the watermelon cubes so your slush will be icy-cold at grill time.

INGREDIENTS:

- 4 cups** cold seedless watermelon cubes
- 4 cups** frozen seedless watermelon cubes
- 8** basil sprigs

DIRECTIONS:

- 1.** Place cold watermelon cubes in a food processor and blend just until smooth. Add frozen watermelon cubes and process until smooth but still frozen.
- 2.** Pour into 8 tall, thin glasses. Garnish each with a basil sprig.