



NUTRITION CONSULTING INC.

Watermelon Slush

This is a simple refreshing beverage for a warm summer day that is low in calories and high in nutrition. Watermelon is a good source of vitamin C, vitamin A and potassium.

Makes 2 servings

What you need:

3 cups diced watermelon
2 tablespoons lime juice
1 tablespoon sugar (optional)
1 cup crushed ice
1/2 cup water

How you prepare:

Blend watermelon, lime juice, sugar, ice and water in a blender until smooth

Per serving:

Calories 96
Carbohydrates 24 g
Protein 2 g
Fat 0 g
Dietary Fiber 0 g



Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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PHONE: (403) 262-3466 www.healthstandnutrition.com