



Watermelon Frojito



Entire recipe: 154 calories, <0.5g total fat (0g sat. fat), 3mg sodium, 15.5g carbs, 1.5g fiber, 8g sugars, 1g protein

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Ingredients

- 3 - 4 mint leaves
- 1 lime, cut into 4 wedges
- 2 packets natural no-calorie sweetener (like Truvia)
- 3/4 cup watermelon chunks, seedless or seeds removed
- 1 1/2 oz. rum
- 1 cup crushed ice (or 5 - 8 ice cubes)

Directions

Place mint leaves, 2 lime wedges, and sweetener in a tall glass. Squeeze the juice from the remaining lime wedges into the glass and discard those wedges. Crush and muddle the contents of the glass. Set aside.

Place the watermelon, rum, and ice in a blender, and blend at high speed until smooth. Pour into the glass with the mint-lime mixture and stir well.

MAKES 1 SERVING

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