

Celebrate Citrus!



Watermelon Citrus Cooler

Serves: 4 | Serving Size: 3/4 cup

Ingredients:

1 cup seedless watermelon chunks
Zest and juice from 1 lime
Zest and juice from 1 orange
1 cup fruit sorbet
4 mint sprigs

Directions:

Purée watermelon in a blender or food processor with the lime and orange zests and juices.

Divide the watermelon mixture between 4 dessert bowls. Add 1/4 cup sorbet and 1 mint sprig per bowl and serve.

Nutrition Information:

Serves 4. Each serving has 64 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 6 mg sodium, 17 g carbohydrate, 1 g fiber, 14 g sugar, and 1 g protein.

Each serving also contains 6% DV vitamin A, 40% DV vitamin C, 2% DV calcium, and 0% DV iron.

Chef's Tips:

Instead of using a mint sprig, you could also garnish the bowl with fresh berries and sliced kiwi, topped with slivered mint. You can see that variation pictured here.

This makes a simple and tasty dessert.

Choose a bright sorbet like mango or lemon for a nice contrast with the watermelon puree.

If you don't have any limes on hand, you can substitute lemon zest and juice.

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