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# Melon Cooler

Budget-friendly recipe

Serves: 4

Ready in: 10 mins.

*For a slushy cooler, simply blend ice with melon and water.*

## Ingredients

2 cups Chopped melon (cantaloupe, Honeydew, or watermelon)

2 cups Cold water

## What You'll Need

Cutting board

Knife

Measuring cup

Blender

Cups

## Directions

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

## Nutrition Info and more

Serving size:  $\frac{3}{4}$  cup

Total calories: 27 Total fat: 1 g Saturated fat: 1 g Carbohydrates: 0 g Protein: 0 g Fiber: 1 g Sodium: 15 mg

