SHOPPING LIST

Watermelon Sparklers

- ◯ Watermelon
- ◯ Lime Seltzer
- ◯ Fresh Lime Juice

First, check off the items you already have at home.

CUT

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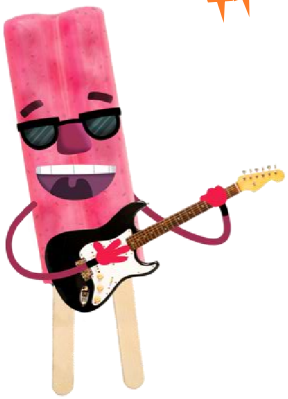
Freezerburn presents

DRINKS

FIZZY'S LUNCH LAB

Watermelon Sparklers



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED

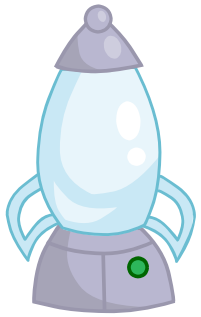
½ medium watermelon (about 4 pounds), rind removed and discarded, watermelon cut into large chunks

1 cup unsweetened lime-flavored seltzer

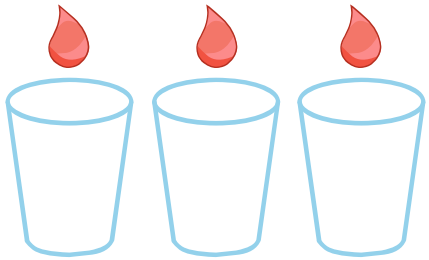
¼ cup fresh lime juice

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Working in 2 batches, puree the watermelon in a blender, and pass through a fine-mesh strainer. Discard the solids in the strainer. Fill four large glasses with ice. Add 1 cup watermelon juice, ¼ cup seltzer, and 1 tablespoon lime juice to each glass and stir to combine. Serve.



Nutrition Facts

Serving Size 1 serving (215g)
Servings Per Container

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	

Vitamin A 10% • Vitamin C 20%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4