

Beverage

Watermelon Cooler

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 10

Preparation Time: 30 minutes

Chill: 24 hours

5 cups (about 3 1/2 lbs) watermelon, seeded and cubed

1/3 cup raspberry or cherry syrup

watermelon ice cubes or regular ice cubes

1 1-liter bottle carbonated water, chilled

raspberry or cherry syrup (optional)

In a food processor or blender, combine the watermelon and raspberry syrup. Cover and process or blend until smooth.

Press the mixture through a fine-mesh sieve into a medium bowl. Discard the pulp.

Cover and refrigerate for 2 to 24 hours.

To serve, add the ice cubes to 12-ounce glasses. Pour enough watermelon mixture into the glasses to fill half full.

Add enough carbonated water to fill the glasses.

If desired, sweeten individual servings with additional syrup. Stir to dissolve the syrup.

Per Serving (excluding unknown items): 757 Calories; 10g Fat (10.6% calories from fat); 14g Protein; 171g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 11 1/2 Fruit; 1/2 Other Carbohydrates.