

Agua de Melon

<http://www.weightwatchers.com/food/rcp/RecipePage.aspx?recipeid=218911>

Ingredients:

- 2 cup(s) (diced) cantaloupe, diced
- 1/2 tsp coriander seed(s), whole
- 1/4 cup(s) mint leaves, fresh (about 20 leaves)
- 4 cup(s) water, still-mineral

Instructions:

- In a food processor, puree the cantaloupe, coriander and mint until smooth, about 1 minute. Pour the mixture into a fine sieve.
- With a ladle, kitchen spoon, or rubber spatula, press as much of the liquid as possible through the sieve and into a large pitcher.
- Add the water, stir and serve over ice. Yields about 1 cup per serving.

Raspberry Ice Tea Slushy

<http://www.weightwatchers.com/food/rcp/index.aspx?recipeid=65211>

Ingredients:

- 1 cup(s) sweetened frozen red raspberries
- 1 1/2 cup(s) ice cube(s)
- 1 cup(s) unsweetened iced tea

Instructions:

- Place all ingredients into blender in order listed. Whir until well-blended and slushy, about 1 1/2 minutes. Pour into 4 cups and serve with a straw. Yields about 1 cup per serving.

Blackberry-Peach Smoothie

<http://www.weightwatchers.com/food/rcp/RecipePage.aspx?recipeid=100591>

Ingredients;

- 3/4 cup(s) ice cube(s)
- 2 medium peach(es), peeled, pitted and quartered
- 1/4 cup(s) fresh blackberries
- 1/2 cup(s) fat free skim milk

Instructions:

- Place ice in a blender container; add peaches, blackberries and milk.
- Blend on high until smooth and ice is completely crushed, about 3 to 4 minutes. Yields 1 serving.