



Watermelon Frojito



Entire recipe: 154 calories, <0.5g total fat (0g sat. fat), 3mg sodium, 15.5g carbs, 1.5g fiber, 8g sugars, 1g protein

[Click for WW Points® value*](#)

More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving, 30 Minutes or Less](#), [5 Ingredients or Less](#), [Gluten-Free](#)

Ingredients

- 3 - 4 mint leaves
- 1 lime, cut into 4 wedges
- 2 packets natural no-calorie sweetener (like Truvia)
- 3/4 cup watermelon chunks, seedless or seeds removed
- 1 1/2 oz. rum
- 1 cup crushed ice (or 5 - 8 ice cubes)

Directions

Place mint leaves, 2 lime wedges, and sweetener in a tall glass. Squeeze the juice from the remaining lime wedges into the glass and discard those wedges. Crush and muddle the contents of the glass. Set aside.

Place the watermelon, rum, and ice in a blender, and blend at high speed until smooth. Pour into the glass with the mint-lime mixture and stir well.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.