

## Watermelon Salad



Servings: 8

Servings size: 1 cup

### Nutrition Information:

23 carbohydrates

86 calories

1g fiber

1g fat

2g protein

3mg sodium

### Ingredients:

1 medium seedless watermelon

10 mint leaves

1 pinch cayenne

Juice of 1 lime

### Directions:

1. Cube watermelon into bite size pieces.
2. Mince mint leaves.
3. Gently combine watermelon, cayenne, and lime juice. Add mint to taste.