



## Watermelon Mint Agua Fresca

Use other seasonal fruits such as strawberries, cucumber, or citrus!  
To add a bit more sweetness, add 2 tablespoons of honey.

### U.S.

1/2 cup	Water
2 pints	Seedless Watermelon, diced
2 each	Lime, zest (one), juiced (both)
1 cup	Mint, fresh

### Metric

118.3 mL
946.3 mL
2 each
236.6 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine the water, watermelon and lime juice in a blender. Blend until smooth and strain, if preferred.
3. Add the mint leaves to the pitcher, cover and chill for at least 10 minutes.
4. Serve chilled and enjoy!

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### **Nutrition Facts**

**Serving size**                    **8 oz**  
**Servings**                         **8**

**Calories**                         28  
Calories from Fat                0

Total Fat                         0 g  
Saturated Fat                    0 g  
Trans Fat                         0 g  
Monounsaturated Fat            0 g  
Cholesterol                      0 mg  
Sodium                            3 mg  
Carbohydrates                  7 g  
Dietary Fiber                    1 g  
Sugars                            5 g  
Protein                            1 g

Vitamin A                        64 %  
Calcium                          2 %  
Vitamin C                        6 %  
Iron                                2 %  
Phosphorous                      mg

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