



WATERMELON AGUA FRESCA

PREP TIME: 20 **COOK TIME:** N/A **SERVING SIZE:** 8 OZ **SERVES:** 2



Nutrition Facts

2 servings per container

Serving size 1 cup

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 349mg	8%
Vitamin A 87mcg	10%
Vitamin C 27mg	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

4 cups seedless watermelon, chopped

½ cup water

1 tablespoon lime juice

Optional:

Pinch of salt

Fresh mint leaves

STEPS:

1. Place a strainer over a wide mouth pitcher or bowl.
2. Put 2 cups of chopped watermelon in a gallon resealable bag. Press out the air and seal shut. Squeeze the watermelon chunks until smashed.
3. Pour smashed watermelon out into the prepared strainer allowing the juice to drip through to the pitcher below. Use the back of a large spoon to gently press the watermelon against the strainer to extract as much juice as possible. (Compost or throw away any bits left in the strainer)
4. Repeat with remaining 2 cups of chopped watermelon.
5. Add in the lime juice, water, salt (if using). Stir.
6. Pour over ice, garnish with fresh mint leaves, enjoy!

IDEAS:

- If you have a blender, use it in place of steps 2-4, then pour through prepared strainer allowing the juice to drip through to the pitcher.