



Watermelon Mint Agua Fresca

2 servings

10 minutes

Ingredients

- 1/2 Seedless Watermelon (large, about 4 cups total)
- 2 tbsps Maple Syrup
- 1 cup Water
- 1/4 cup Mint Leaves
- 1/2 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	134
Fat	0g
Saturated	0g
Trans	0g
Carbs	32g
Fiber	0g
Sugar	0g
Protein	2g

Directions

- 1 Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup and water.
- 2 Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
- 3 Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

Notes

Less Pulp, Strain your agua fresca after blending.

Garnish With, Lime wedge, mint leaves or coarse ground sea salt.

Likes it Fizzy, Use sparkling water instead of flat.

No Maple Syrup, Use honey instead.

Watermelon & Your Muscles, Watermelon is packed full of water to rehydrate you and act as an anti-bloat food. It's also a good source of natural sugars to restore depleted muscle glycogen. Add to that it's natural electrolytes, and you've got a perfect natural post-workout recovery snack!