



# Watermelon Mint Juice

SERVINGS: 3-4

EST. COST: \$4.75

COST PER SERVING: \$1.60

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## Ingredients

- ½ watermelon, large chunks / cubes
  - OR 3 cups watermelon pieces
- ⅓ cup mint leaves, fresh and chopped
  - OR Basil / Thyme
- 2 cups water

### Optional

- 1 cup dark cherries, frozen/pitted
- 1 cup pomegranate seeds
- 2 tbsp lemon / lime juice
- 1 cup fresh strawberries, diced

## Directions

1. Add watermelon, mint, and water into the blender.
2. Blend on medium-high to high, until juice blends.
- 3.(Optional) Strain the juice into the pitcher.
  - Pour into pitcher
4. Serve cold or frozen as a summer night sweet snack or gazpacho (cold/chilled soup) base. Enjoy!

## Equipment

blender / juicer, knife, strainer, pitcher, clean cutting surface



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Watermelon Mint Juice		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>25.5</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	4.2 mg	0 %
<b>Total Carbohydrate</b>	6.2 g	2 %
Dietary Fiber	0.8 g	3 %
Total Sugars	4.7 g	
Added Sugars	0 g	0 %
<b>Protein</b>	0.7 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	21.5 mg	2 %
<b>Iron</b>	1.1 mg	6 %
<b>Potassium</b>	117.5 mg	2 %

\* 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.

## Health Benefits

Watermelon is a great fruit for the summer months that promotes hydration, skin health (from the inside out), and is so delicious.

Hydration can come in many forms: soups, broths, infused water, juices, and gazpachos (chilled/cold soup). It is important to stay hydrated during the summer months to prevent heat-related illnesses + conditions.

References:

- Recipe provided by LA Dixon, 2023