



Watermelon Lime Mocktail

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Prep time: 15 mins Cook time: 0 mins Total time: 45 mins

Serves 4

Ingredients:

6 cups cubed seedless watermelon (about 1 mini watermelon)

Zest and juice of 2-3 medium limes

1 tablespoon (15 mL) agave nectar (optional)

Mint sprigs and extra lime wedges, for garnish

Instructions:

1. Place the cubed watermelon in a bowl and into the freezer at least 30 minutes.
2. Place the cubed frozen watermelon, lime zest and juice and agave nectar (if using) in a blender. Puree until smooth.
3. Pour into 4 cocktail glasses, then garnish with sprigs of mint and lime wedges. Serve immediately.

Nutrition:

Serving size – ¼ recipe

Calories: 74

Sugar: 15g

Sodium: 3mg

Total Fat: 0g

Carbohydrates: 19g

Fiber: 1g

Protein: 1g

Cholesterol: 0mg