



Watermelon Mint Refresher

This naturally sweet drink is packed with water, electrolytes and flavor – perfect following your workout or just lounging by the pool.

2 cups fresh watermelon, cubed

½ cup cold water

Juice of ½ lime

A few fresh mint leaves

A pinch of Celtic sea salt

Ice cubes, optional

Blend watermelon, water and lime juice. Add mint leaves and sea salt and pulse briefly, or simply stir in after blending liquids. Pour over ice and enjoy.

