

Recipe Name **Watermelon Agua Fresca**

Ingredients: 4-5 cups watermelon cubes
 ¼ cup mint leaves
 1 cup ice
 Natural sweetener if needed (I generally don't find that it needs any)

Directions

1. Blend all ingredients and serve over ice. It will water down as the ice melts

* Try different fruits and/or combinations of fruits. Mint is also a great addition. Various melons, mango, pineapple and even cucumber are traditional in addition to the strawberry.

Nutrition Facts

Servings: 4

Amount per serving	
Calories	
88	
	% Daily Value*
Total Fat 0.4g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 21.5g	8%
Dietary Fiber 1.5g	5%
Total Sugars 17g	
Protein 1.9g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 1mg	7%
Potassium 341mg	7%

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

Recipe analyzed by **verywell**

