THE LIGHTER PLATE METHOD

Watermelon & Ginger Diuretic Juice

Sharp lime and ginger cut through sweet watermelon for a genuinely thirst-quenching juice.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 small slice watermelon
- 1 lime
- 1 heaping coffee spoon ground ginger (or 5cm fresh ginger)
- water (to loosen)

Method

1. Blend all the ingredients together.
2. Drink without straining.

Tips & swaps

- Fresh ginger gives a sharper, more fragrant heat than ground.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
40	**0g**	**10g**	**0g**	**1g**

Estimated values, for guidance only.