THE LIGHTER PLATE METHOD

Watermelon, Mint & Lime Agua Fresca

Barely-there sweetness and maximum refreshment, Mexican-style.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**4**	**EASY**

Ingredients

- 800 g watermelon flesh (cubed)
- 1 large handful fresh mint
- 2 limes
- 400 ml cold water
- ice, to serve

Method

1. Blitz the watermelon with the water until completely liquid.
2. Strain through a sieve into a jug, pressing lightly with a spoon.
3. Stir in the juice of both limes and the mint leaves, lightly bruised between your fingers.
4. Chill for 20 minutes if you have time, then serve over plenty of ice.

Tips & swaps

- Watermelon is sweet enough that this needs no sugar at all. Bruise the mint rather than chopping it; chopped mint goes black and muddies the colour.

Storage & reheating

Keeps in the fridge for up to 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
55	**1g**	**13g**	**0g**	**1g**

Estimated values, for guidance only.