

Healthy Recipe

NHS

Watermelon

Fizz Fresca

Ingredients

- 800g watermelon chunks (remove the seeds)
- 1 tbsp lime juice
- Sparkling water (to pour on top of the mixture)
- 120g ice, crushed or cubes
- Lime slices and mint leaves, for garnish



Mocktail



Prep: 5 Minutes



4-5 drinks

Instructions

1.



Blend watermelon

In a food processor or blender, blend the watermelon chunks and lime juice until smooth.

2.



Strain the mixture

Strain the watermelon mixture, if desired, and set aside.

Fill your glasses with ice.

3.



Pour over ice

Pour the watermelon mixture over the ice to fill each glass 3/4 of the way to the top.

4.



The finishing touch

Top each glass with sparkling water and garnish with mint and lime slices.

For more information, visit:
myhealthandcancerlondon.nhs.uk