



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy



## Watermelon Infused Water with Mint (4-6 servings)

### Ingredients

2 cups watermelon - cubed, seeds and rind removed

1 Tbsp lemon juice

1 lemon

2 liters cold water (approx. 68 oz)

1 Tbsp agave nectar

7 mint leaves

1 English cucumber (*thin seedless cucumber*)

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### Preparation

- Place watermelon, water, and agave into a blender.
- Blend at 'high' speed until smooth.
- Muddle the mint leaves a bit to release their oils.
- Cut cucumber and lemon into thin slices
- Pour mixture into ice-filled glasses, add cucumber and lemon slices
- Top off each glass with mint leaves