

Farm Market Recipe



Watermelon Mint Mocktail

Ingredients:

- 2 fresh mint leaves, plus more for garnish
- Ice
- $\frac{3}{4}$ cup watermelon juice (see Tip)
- $\frac{1}{2}$ cup club soda
- Small slice watermelon for garnish

Directions:

1. Mash mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add watermelon juice. Top with club soda and garnish with a watermelon slice and more mint leaves, if desired.

Tip: To make your own watermelon juice, puree $1\frac{1}{2}$ cups cubed seedless watermelon in a blender until smooth. Pour the mixture through a fine-mesh sieve into a bowl, pressing with a spoon to release juices. Discard solids. Cover and refrigerate the juice for up to 4 days.

Nutrition Facts:

Servings: 1

Per Serving: calories 34; carbohydrates 9g; dietary fiber 1g; total sugars 7g; protein 1g; total fat 0g; vitamin A 653IU; vitamin C 9mg; folate 4mcg; sodium 26mg; calcium 14mg; magnesium 13mg; potassium 131mg

Recipe from Eatingwell