



## Watermelon Aqua Fresca

### Servings: 6

¼ cup ginger root, sliced, peeled  
¼ cup sugar  
¼ cup lime juice  
½ cup water  
4 cups watermelon, peeled, and cubed  
Fresh mint sprigs for garnish

### Method

In a small bowl, combine ginger, sugar, lime juice, and water.

Bring to a boil and simmer until reduced by half.

Allow to cool, strain.

In the bowl of a blender, combine watermelon cubes, and reduced, strained ginger syrup.

Blend until smooth, but with a little texture still evident.

Serve in chilled glasses with a sprig of fresh mint, if desired.

### Nutrition Information (per serving)

71 calories (5.6% calories from fat), trace fat, 1 g protein, 17 g carbohydrate, 1 grams dietary fiber, 0 mg cholesterol, 3 mg sodium