

Bubbly Watermelon Cooler



Try this sweet and refreshing, bubbly beverage with other varieties of melon, berries, or peaches based on what's in season.

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

6 cups	Watermelon, cubed
1 each	Lime, juice and zest
4 cups	Seltzer Water
As needed	Ice

CHEF'S NOTES

After blending the fruit, if you'd like to have a sweeter drink, you can add a small amount of honey or sugar and blend a bit more before adding the seltzer for serving.

Other ingredients that would be tasty added to this fizzy watermelon treat are cucumber, frozen raspberries or herbs (like mint, basil, shiso or lemon balm).

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a blender, combine the watermelon and lime juice and zest. Blend on medium-high until the fruit liquefies completely, about 1 minute. Remove the liquid from the blender, and (if desired) pour through a strainer to remove any excess pulp. Place the juice in the refrigerator until ready to serve.
3. To serve, add ice to your glasses and pour one cup of the fruit juice into each cup and top with one cup of the seltzer. Garnish with sliced watermelon, a lime wedge, slice of cucumber or some herbs, if desired.

Nutrition Facts

4 servings per container

Serving Size 2 cups (479 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 0%

Total Carbohydrate 18g 7%

Dietary Fiber less than 1g 3%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 1g 3%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.56mg 3%

Potassium 300mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

