



Watermelon Agua Fresca

Adapted from [Watermelon Agua Fresca \(Agua de Sandia\)](#) - Isabel Eats

Servings: 8

Ingredients:

- 6 cups diced, seedless watermelon
- 4-5 cups water, chilled
- ¼ cup sugar (may be substituted for honey or alternative sweetener)
- 1 lime, cut in wedges
- Fresh mint for garnish

Directions:

1. In a blender, add watermelon, water, and half of the sugar
2. Taste and add sugar as needed
3. Serve over ice or chilled and top with lime wedge and mint

Nutrition Facts

Calories per serving: 85kcal

Total fat: 0g

Sodium: 8mg

Total carbs: 21g

Fiber: 2g

Total sugar: 16.1g

Protein: 2g

A Note From the Dietitian:

“A refreshing drink for a hot afternoon. Add this to sparkling water for a mocktail or freeze and have watermelon ice cubes. For a lower calorie option, use a non-nutritive sweetener like Stevia.”

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