

Watermelon-infused Water

Makes 12 servings

Ingredients

- 4 cups cubed watermelon (about 1-inch cubes)
- ½ cup mint leaves, stems removed
- 12 cups water

Directions

1. Place watermelon cubes into a 1-gallon pitcher. Add mint leaves and water. Stir.
2. Place pitcher in refrigerator to chill for 2 to 3 hours.
3. Serve chilled.



TIP

Bored with your water? Drop in a few watermelon-mint ice cubes! To make the cubes, blend 4 cups fresh, cubed watermelon (no rind or seeds) in a blender until smooth. Then pour the puréed watermelon into an ice cube tray, add a mint leaf to each cube and freeze. After you try this recipe, get creative by tailoring the recipe to include more of your favorite fruits!

♥ = heart smart

🚫 = low sodium

Ⓜ = gluten free

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Nutrition Facts

Serving Size 1 cup (8 oz glass)
(284g)
Servings Per Container 12

Amount Per Serving

Calories 15 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 0g

Vitamin A 4% • Vitamin C 4%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	305mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 0