

Watermelon Basil Mint Refresher

The most beautiful summer mocktail you will ever make. Hydrating, healing, and absolutely delicious. Happy Friday!

Summer in a glass -- with serious medicinal benefits

Watermelon is 92% water making it one of the most hydrating foods on the planet, rich in lycopene, citrulline, and antioxidants. Basil is anti-inflammatory, antibacterial, and a natural adaptogen that helps your body cope with stress. Mint soothes digestion, reduces bloating, and has powerful antimicrobial and anti-inflammatory properties. Together they make the most refreshing and healing Happy Hour drink of the summer.

INGREDIENTS

2 cups	Fresh seedless watermelon, cubed
8-10	Fresh basil leaves
8-10	Fresh mint leaves
1 tbsp	Fresh lime juice
1 tsp	Raw local honey or maple syrup (optional)
4 fl oz	Sparkling water
1 cup	Ice
	Fresh basil and mint sprig for garnish
	Lime slice and watermelon wedge for garnish

MEDICINAL BENEFITS

Watermelon

Rich in lycopene (powerful antioxidant), L-citrulline (supports circulation and blood pressure), vitamin C, and is 92% water making it deeply hydrating.

Basil

Anti-inflammatory, antibacterial, and antioxidant rich. Acts as a natural adaptogen helping your body cope with stress. Supports cardiovascular and digestive health.

Mint

Soothes digestive distress, reduces bloating, and has powerful antimicrobial and anti-inflammatory properties. Also shown to have anticancer and cardioprotective effects.

Lime

Rich in vitamin C, supports collagen production, immune function, and iron absorption.

METHOD

1

Muddle the herbs

Place fresh basil and mint leaves in the bottom of a glass or cocktail shaker. Add lime juice and honey if using. Gently muddle to release the essential oils and fragrance. Your kitchen is about to smell absolutely incredible.

2

Blend the watermelon

Add cubed watermelon to a blender and blend until smooth. Strain through a fine mesh strainer if you prefer a clearer drink, or leave it as is for a thicker, more nutritious version.

3

Build your refresher

Fill your glass with ice. Pour the watermelon juice over the muddled herbs and ice. Stir gently to combine all those beautiful flavors.

4

Top and garnish

Top with sparkling water for a gorgeous fizz. Garnish with a fresh sprig of basil and mint, a lime slice, and a small watermelon wedge on the rim. Raise your glass, put on your song, and toast to Friday!

Jacqui's Tip

Make a big batch of the watermelon basil mint base and keep it in the fridge for up to three days. Add sparkling water just before serving to keep that gorgeous fizz fresh!