

Watermelon Refresher by Janette Mitchell

Prep time 10 mins | Serves 6

Ingredients:

- 1 small seedless watermelon (pixie is a good variety for this)
- 7 cups of water
- 2 Tbsp honey (optional)
- 1 lime + a few sprigs of mint for garnish

Method:

1. Cut the watermelon in half, and then take one piece and cut it in half again.
2. With the quarter pieces, cut away the rind and put the flesh into a blender with the water and add the honey (if using). Blend until liquid is opaque and no chunks remain.
3. Strain into a pitcher, add ice, a few slices of lime and some mint, and serve.

Cook's notes:

If you don't drink it all at once, remove the lime after a few hours, or the bitterness of the rind will seep into your juice.

For a spiked recipe add an ounce of gin, vodka or St. Germaine elderflower liqueur (my favorite!)