

## ***Dr. Ruby's Watermelon-Lemon Splash!***

*By Ruby Lathon, PhD*

### **Ingredients:**

- 1/2 medium watermelon
- 2 lemons
- 1 cup fresh mint leaves
- 1 tablespoon raw agave nectar (optional)



### **Directions:**

1. Squeeze lemons into a large pitcher; add squeezed lemon quarters. Add mint and agave; mash with a wooden spoon until mint is bruised.
2. In a blender, puree watermelon in batches until smooth; pour through a fine-mesh sieve into pitcher (if watermelon contained seeds)
3. Stir to combine. Serve over ice if desired. Refrigerate, covered, up to 3 days.  
Makes about 8 cups.