

Strawberry Basil Watermelon Agua Fresca

Serves: 8

Modified from: www.realsimplegood.com

Items Needed: cutting board, etc. in Arial 12

Ingredients:

- 5 cups watermelon - cubed
- 2 cups strawberries - green tops removed
- 2 handfuls of fresh basil
- 2 limes – use juice from 1 lime, slice the other lime into rounds for garnish
- 4 cups unflavored sparkling water

Directions:

1. Place your watermelon, strawberries, basil and juice of 1 lime in your blender. Blend on medium-high until everything is mixed and slightly frothy.
2. Fill your glasses about halfway up with sparkling water (1/2 c). Then pour the strawberry, basil and watermelon mixture right in your glasses.
3. Cut the remaining lime into rings and garnish each glass. Give them a little stir and serve!

Nutrition Information (per 1 glass):

Calories: 41 Fat: 0 g Carbs: 10 g Protein: 0 g Fiber: 1 g **Sodium:** 0mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**