REFRESHING WATERMELON SPRITZER Susan Denzer, Chef and Culinary Consultant Love + Craft Kitchen www.loveandcraftkitchen.com





Here's a fun, refreshing, cocktail-like beverage to enjoy on the patio or at your next picnic! Superfood watermelon and fruit balsamic vinegar provide not only many key nutrients but also natural sweetness - no added sugar needed!

The pureed watermelon juice will last up to 5 days in the refrigerator, which makes it easy to mix up one glass at a time or to double or triple the recipe to prepare a pitcher for a party. If you prefer no pulp, simply strain the watermelon puree before using.

Photo: Love + Craft Kitchen

Makes: 2 servings

INGREDIENTS

1 seedless watermelon - to puree

- 1 cup watermelon puree
- 4 teaspoons fruit balsamic vinegar (raspberry, strawberry, other favorite)
- 2 teaspoons lemon juice
- 8 ounces sparkling water
- 4 6 ice cubes (2 -3 per glass)

Optional garnishes

- small, thin watermelon slice on the rim of the glass
- a sprig of mint
- fresh blueberries or raspberries floating on top

DIRECTIONS

Puree Watermelon

- 1. Wash and dry whole watermelon. Cut into 2" 3" chunks, removing the rind from the fruit.
- 2. Place fruit into a blender or food processor. Process until liquefied and smooth.

Make Spritzer

- 1. In each of two 12-ounce beverage glasses, measure ½ cup watermelon puree, 2 teaspoons balsamic, and 1 teaspoon lemon juice over 2 3 ice cubes.
- 2. Slowly add the sparkling water to fill the glass, careful not to bubble over. Stir gently to combine.
- 3. Garnish as desired and serve immediately.

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