

Watermelon Lime Electrolyte Drink

Culinary Medicine, Nutrition Services

Serves: 1-2, Serving Size: 1-2 cups

Equipment: cutting board, knife, blender

Ingredients

2 cups cubed watermelon

Juice of 1 lime

1 cup water or coconut water

Pinch salt

Optional ice

Instructions

1. Add all ingredients to a blender and blend until smooth.



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Why We Like This Recipe

The combination of sweet watermelon and tangy lime creates a delicious and refreshing flavor that is enjoyable to drink.

Chef's Notes:

- Summer ripe watermelon has plenty of natural sweetness that this makes a no-added sugar option for a delicious and refreshing option on a hot day.

Nutrition Notes:

- Watermelon is composed of about 92% water, making it an excellent choice for hydration. The addition of lime and salt helps replenish electrolytes lost through sweat which help maintain fluid balance, prevent muscle cramps, and support cardiovascular health. This drink is perfect for hot days or after a workout.

Gardener's Notes:

- Every part of the watermelon is edible, including the rind and seeds! While most people enjoy the sweet, juicy flesh, the rind can be pickled or used in stir-fries, and the seeds can be roasted for a crunchy snack. This makes watermelon a versatile and zero-waste fruit.



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