



Hydrate in Style with this Easy Watermelon Fresca Mocktail

There's nothing like a glass of homemade Watermelon Fresca to hydrate and re-energize. This vibrant pink refresher combines the natural sweetness of watermelon with tangy lime, crisp mint, and pure water for the ultimate thirst-quencher. Unlike store-bought sodas or flavored waters, this recipe uses simple, truly real ingredients your body will love.

Whether you're lounging poolside, serving guests, or just craving a healthy everyday drink, this fresca is easy to whip up in minutes. All you need is a blender and a handful of ingredients you probably already have in the kitchen.

Light, fresh, and bursting with flavor—now *this* is what a delicious mocktail tastes like!

Choose organic ingredients whenever possible.

Watch the YouTube video demonstration [here](#).

Ingredients

- 4 cups watermelon, cubed
- ¼ cup fresh-squeezed lime juice
- 1 cup water
- 1 cup ice
- 2–3 drops food-grade mint oil *or* fresh mint to taste
- Fresh lime, to taste and for garnish

Instructions

1. Load ingredients into a high-speed blender in the order listed.
2. Blend until smooth.
3. Pour into a tall glass, garnish with lime, and enjoy!

Cheers!