



## Honey & Watermelon Tonic

### Ingredients

- 1 watermelon
- 4 cups chilled mineral water
- Juice of 2 limes
- Clear honey to taste

### Instructions

1. Cut the watermelon into chunks, cutting away the skin and discarding the seeds. Place in a large bowl, pour the chilled water over and leave to stand for 10 minutes.
2. Tip the mixture into a large sieve set over a bowl. Using a wooden spoon, press gently on the fruit to extract the liquid.
3. Stir in the lime juice and sweeten to taste with honey. Pour into a jug (pitcher) or glasses to serve.
4. Serves 4.



Credit where credit is due:  
Just a Pinch Recipes  
added by Jamallah Bergman