INDIAN · DRINK

Sugar-Free Watermelon Mint Cooler (Watermelon Mojito)

10 min | Makes 1 × 1 tall glass (about 350 ml) | 79 kcal a portion | Video 3:02 · Skinny Recipes

Vegan | Paleo | Gluten-free ingredients | No nuts listed

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It's sweetened only by fresh watermelon, with no sugar or soda, at about 80 kcal a glass with about a third of a day's vitamin C. As made it is salty, though: the two salts give about 1,150 mg sodium, half a day's limit.

Diet notes: Low saturated fat (0.1 g, 1% of the energy).

Ingredients

12 · MAKES 1 × 1 TALL GLASS (ABOUT 350 ML)

- [ ] 1 cup chopped **watermelon** (for blending)
- [ ] ½ cup **ice-cold water**
- [ ] 3–4 tbsp small **watermelon cubes**
- [ ] 8 **mint leaves**, plus 2–3 torn leaves and a sprig to garnish
- [ ] ¼ tsp **pink Himalayan salt**
- [ ] ¼ tsp **kala namak** (black salt)
- [ ] ¼ tsp roasted cumin (jeera) powder
- [ ] ¼ tsp **freshly ground black pepper**
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] **lemon slices and wedges** (to serve)
- [ ] 2 tbsp soaked sabja (sweet basil) seeds, plus 1 tsp to top
- [ ] **ice cubes**, as needed

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Blend 1 cup chopped watermelon with ½ cup ice-cold water until smooth and set the juice aside (no straining). 0:10
2. In a tall glass put 3–4 tbsp small watermelon cubes, 8 mint leaves, ¼ tsp pink salt, ¼ tsp black salt, ¼ tsp roasted cumin powder and ¼ tsp black pepper. Crush lightly with a muddler or the back of a spoon. 0:33
3. Squeeze in half a lemon and mix, then add 2 lemon slices, 2–3 torn mint leaves and 2 tbsp soaked sabja seeds. 1:23
4. Fill with ice, pour in the watermelon juice and stir gently. Top with 1 tsp more sabja seeds, a mint sprig and lemon wedges. 2:03

> **Tip** Halve both salts for an everyday drink. About 1 tsp dry sabja seeds soaked for 15 minutes gives enough (or use chia seeds). Skip the water for a stronger drink.

The method is a summary in our words — the video shows every step.

One portion, 1 tall glass (about 350 ml), gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
79 kcal	1.9 g	18 g
330 kJ	4% of a day	16 g net · 12 g sugars
		7% of a day

FIBRE	FAT	SODIUM
2.1 g	1.4 g	1,170 mg
7% of a day	0.1 g saturated	51% of a day
	2% of a day	

Energy from net carbs 76% · protein 9% · fat 15%

High in (20%+ of a day) Vitamin C 31% · Omega-3 29%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Skinny Recipes (@skinnyrecipes) on YouTube — youtube.com/watch?v=QyKOAMP17Io, published 25 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-watermelon-mint-cooler