

REJUVENATING REFRESHER

Prep time: 10 minutes (+ refrigeration) **Serves:** 2

Ingredients

- 2 hibiscus tea bags
- 1 cup (250ml) boiling water
- 4 cups (650g) chopped seedless watermelon
- ½ cup loosely packed fresh mint leaves
- 1 medium lime (65g), peeled

1. Brew tea bags in the boiling water in a heatproof jug or bowl for 5 minutes. Refrigerate for 1 hour or until cold. Discard tea bags.
2. Push watermelon, mint, lime and cooled hibiscus tea through a juice extractor into a jug. (It's a good idea to add the mint half way through juicing so that the watermelon pushes it through.) Stir juice to combine.
3. Serve immediately with sliced watermelon and micromint, if you like.

Tips

You will need about ¼ small watermelon. Pick mint leaves rather than adding the whole sprig. This juice can also be made in a blender. This juice will separate on standing, however a quick stir will bring it back together.

