



Watermelon fruit punch

15'
Hands on

10
Portion(s)

1
Difficulty



Ingredients

- 1 watermelon, small
- orange juice, of 3 oranges
- slices orange, to serve
- 1/2 bunch basil
- basil leaves, to serve
- 330 g apple cider
- ice, to serve

Διατροφικός πίνακας

Nutrition information per portion

54 Calories (kcal)	0.5 Total Fat (g)	0.1 Saturated Fat (g)	9.4 Total Carbs (g)
3%	1%	1%	4%
9.5 Sugars (g)	0.6 Protein (g)	0.5 Fibre (g)	0.0 Sodium (g)
11%	1%	2%	0%

Method

The watermelon will be the “bowl” where you will serve the fruit punch. For this reason, you should cut the watermelon carefully, so to not create any cracks.

- Set the watermelon horizontally onto your working surface and cut the one edge. Remove the lid that you cut.
- With a spoon, remove the flesh of the watermelon until you reach the white part. Put the flesh into a bowl and try to remove as many seeds as you can.
- In a blender, beat the flesh of the watermelon in batches until it becomes a juice. Transfer to a jug.
- In a blender, beat the orange juice with the basil leaves until the leaves are dissolved. Transfer to the jug with the watermelon juice.
- Add the cider to the jug, stir with a serving spoon, and fill the watermelon.
- Serve into glasses with ice, basil leaves, and orange slices.

Tip

You can add any type of alcohol you like.