

RFFK Watermelon Licuado

3 to 4 servings (makes a generous 3 ½ cups)



Talk about refreshing! This Mexican-inspired, fruit-and-milk blended beverage is a summer quencher. We're keen on this mint and melon variation, but the recipe works well for dispensing any cut fruit (minus seeds) that you can toss in the freezer.

Be sure to serve it right away, when it's at its chilly, frothy best.

INGREDIENTS

- 1 cup **water**
- 1 loosely packed cup **fresh mint** leaves, plus sprigs for optional garnish
- 1 cup well-shaken, **low-fat coconut milk** (may substitute whole or low-fat milk)
- 2 tablespoons **honey**
- 3 to 4 cups **frozen watermelon chunks**

DIRECTIONS

1. Boil the **water** in a small saucepan over high heat, then turn off the heat, stir in the **mint leaves** and steep for 10 minutes. Strain, discarding the mint leaves, then transfer to a container and refrigerate until well chilled.
2. Combine the **coconut milk** and **honey** in a blender and pulse a few times, then add the chilled mint water and 3 cups of the **frozen watermelon chunks**. Puree until frothy and creamy. If the mixture seems thin, add some or all the remaining frozen watermelon. Puree again, just until no solids remain.
3. Divide among chilled glasses, and garnish with mint sprigs, if desired.