

Grape, Melon and Lime Mocktail



What could be more refreshing than a good mocktail on a hot day? You're sure to fall in love with this tangy, sweet, vitamin C-packed mocktail!

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 70

Fat 0

Carbohydrates 19

Fibre 0

Protein 1

Sodium 20

Ingredients

- 500 ml (2 cups) fresh green grapes
- 500 ml (2 cups) honeydew melon, cubed
- 250 ml (1 cup) peeled cucumber, cubed
- The juice of 2 limes or 60 ml (¼ cup)
- 15 ml (1 tbsp) grated fresh ginger (optional)
- A few ice cubes

- 500 ml (2 cups) sparkling water

Garnish (optional)

- Rosemary
- Lime wedges
- Cucumber pieces

Preparation

1. Place grapes, melon pieces, cucumber, lime juice and ginger in a blender. Blend until smooth.
2. Sieve the mixture over a large bowl to strain out the pulp.**
3. Fill tall glasses with ice cubes, pour in about 250 ml (1 cup) of the filtered mixture, then about 125 ml (½ cup) of sparkling water.
4. Add garnish if desired.

** Save the pulp to add in a smoothie such as our [Green Protein Peach Smoothie](#)!



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