

Watermelon Lemonade Without Added Sugar



This refreshing watermelon lemonade is a sugar-free summer drink. It is light, flavorful, and perfect for quenching your thirst on hot days. Made with simple and healthy ingredients, this watermelon lemonade is ideal for the whole family. Follow this easy recipe to prepare this delicious beverage in just a few minutes. To enrich this watermelon lemonade with iron, start by boiling the water with the [Lucky Iron Fish](#). Then let the water cool before continuing with the recipe. This simple step adds a beneficial iron boost while preserving the fresh flavor of the lemonade.

Preparation 5 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 40
Fat 0
Carbohydrates 16
Fibre 1
Protein 1
Sodium 0

Ingredients

- 750 ml (3 cups) frozen watermelon, cubed
- 2 lemons, peeled, pitted, and quartered, frozen

Preparation

1. In a blender, blend all the ingredients on high speed until smooth and creamy.
2. Pour the lemonade into glasses and serve immediately.

Note: If you prefer a thicker texture, you can add a few ice cubes and blend again. You can also add more lemon juice if desired.

Notes

Can be kept for 2-3 days in the refrigerator. Does not freeze.



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