

Ingredients

Preparation time: 10 minutes

Servings: 16

2 lb. watermelon

¼ cup water

Directions

1. Cut the watermelon into quarters (see photo).
2. Cut each quarter into chunks and add to a blender.
3. Add ¼ c water to blender.
4. Blend on medium speed for about 10 seconds until the watermelon liquefies to a juice consistency.
5. Save about ¼ cup of the juice left in the blender and add to the next batch of watermelon chunks (this takes the place of the ¼ cup of water).
6. Continue steps 4 and 5 until all of the watermelon is blended. Store in a pitcher in the fridge.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Watermelon Juice	
Amount	8 oz.
Calories	76
Fat (g)	0
Sat. Fat (g)	0
Carb. (g)	17
Fiber (g)	1
Protein (g)	1
Gluten Free, Vegan.	

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Cooking Tip

Summer is watermelon season, so this is a great drink for after a tough summer training session. Try using as the liquid in a smoothie. A sprig of fresh mint adds a more complex flavor profile. Extra juice can be stored in the fridge for up to a week or frozen into ice cubes or popsicles for up to 6 months!

Performance Facts

The amino acid L-citrulline in watermelon has been shown to decrease next day muscle soreness after a tough training session. Drink 16 fl. oz. of watermelon juice, which contains 1.17 g of L-citrulline, before training or competition to help with recovery.

