

### Ingredients

Yield: 16 servings

Serving Size: 8 fl. oz

1. 2 lb. watermelon  
(seedless works best)
2. ¼ cup water

### Directions

1. **Cut** the watermelon into 4 quarters
2. **Cut** each quarter into chunks and add to a blender
3. **Add** ¼ c water to blender
4. **Blend** on a medium speed for about 10 sec (depends on type of blender used) until watermelon liquefies into juice consistency
5. **Save** about ¼ cup of the blended juice left in the pitcher and add to the next batch of watermelon chunks (this takes the place of the ¼ cup of water)



#### Watermelon (Whole) Juice

Amount	8 fl oz
Calories	76
Fat (g)	0
Sat. Fat (g)	0
Carb. (g)	17
Fiber (g)	1
Protein (g)	1
Allergen info: Vegan, Gluten free	

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### Performance Benefits

- 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.
- Choose whole food sources of L-citrulline over the supplemental form to increase absorption and benefit.
- 8 fl oz. contains 276 mg of potassium and about 40% of daily vitamin C.
- Watermelon is high in lycopene, a phytonutrient beneficial to cardiovascular health and packed with antioxidants!