

# Market District Demo Recipes

## Dessert



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Strawberry Basil Watermelon Agua Fresca

Serves: 8

Modified from: [www.RealSimpleGood.com](http://www.RealSimpleGood.com)

**Items Needed:** cutting board, knife, blender, 8 glasses, metal spoon

### Ingredients:

- 5 cups watermelon, cubed
- 2 cups strawberries, green tops removed
- 2 handfuls fresh basil
- 2 limes – 1 juiced, 1 cut into rounds for garnish
- 4 cups unflavored sparkling water

### Directions:

1. Place watermelon, strawberries, basil and juice of 1 lime in a blender. Blend on medium-high until everything is mixed and slightly frothy.
2. Fill each glass about halfway up with sparkling water (about ½ cup), then pour the strawberry mixture on top.
3. Garnish with lime rings. Stir liquid in glasses with a stir stick or spoon and serve.

### Nutrition Information (per 1 glass):

Calories: 41 Fat: 0 g Carbs: 10 g Protein: 0 g Fiber: 1 g Sodium: 0 mg