Watermelon Aqua Fresca

Servings: 6

¼ cup ginger root, sliced, peeled
¼ cup sugar
¼ cup lime juice
½ cup water
4 cups watermelon, peeled, and cubed
Fresh mint sprigs for garnish

Method
In a small bowl, combine ginger, sugar, lime juice, and water.
Bring to a boil and simmer until reduced by half.
Allow to cool, strain.
In the bowl of a blender, combine watermelon cubes, and reduced, strained ginger syrup.
Blend until smooth, but with a little texture still evident.
Serve in chilled glasses with a sprig of fresh mint, if desired.

Nutrition Information (per serving)
71 calories (5.6% calories from fat), trace fat, 1 g protein, 17 g carbohydrate, 1 grams dietary fiber, 0 mg cholesterol, 3 mg sodium