

## How I Make a Bright and Zesty Watermelon Ginger Smoothie in Minutes

My Go-To Refreshing Watermelon Ginger Smoothie for Hot Days



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### INGREDIENTS

2 cups fresh watermelon (cubed, seeds removed)  
1/2 tablespoon fresh ginger (peeled and grated)  
1 tablespoon fresh lemon juice (about 1/2 lemon)  
1/2 cup cold water or ice cubes (adjust for desired thickness)  
Optional: 1-2 teaspoons honey or maple syrup (if you prefer it a little sweeter)  
Fresh mint leaves for garnish

### DIRECTIONS

- 1. Prep the Ingredients:** I start by cubing up my watermelon, making sure to remove any seeds. I find that using cold watermelon straight from the fridge gives the smoothie an extra refreshing edge. I peel and finely grate a bit of fresh ginger too - about half a tablespoon is the sweet spot for me, but you can adjust based on how bold you want that ginger kick.
- 2. Blend Everything Together:** Into the blender go the watermelon cubes, grated ginger, freshly squeezed lemon juice, and either cold water or a handful of ice cubes. I usually blend on high speed for about 30-45 seconds until everything is silky smooth and a little frothy on top.
- 3. Taste and Adjust:** At this point, I give it a quick taste. If the watermelon is super ripe and sweet, I usually skip the extra sweetener. But if it needs a little boost, I'll drizzle in a teaspoon or two of honey or maple syrup and blend again for just a few seconds.
- 4. Pour and Garnish:** I pour the smoothie into a tall glass, garnish with a sprig of fresh mint, and serve immediately. That minty aroma when you take a sip makes the experience even more refreshing.

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