

## 3-Minute Watermelon Ginger Detox Smoothie - Naturally Sweet and Spicy

When the weather heats up, this



**TIME**  
**5 min**

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### INGREDIENTS

2 cups fresh watermelon (cubed, seeds removed)

$\frac{1}{2}$  tablespoon fresh ginger (peeled and grated)

1 tablespoon fresh lemon juice (about  $\frac{1}{2}$  lemon)

$\frac{1}{2}$  cup cold water or ice cubes (adjust for thickness)

Optional: 1-2 teaspoons honey or maple syrup (if you like it sweeter)

Fresh mint leaves for garnish

Instructions:

**Prep the Ingredients** Remove seeds from watermelon (if not using seedless), cube it, and grate the fresh ginger.

**Blend it Up** Add watermelon, ginger, lemon juice, and your choice of water or ice into a blender.

**Sweeten to Taste** Blend on high speed until smooth and frothy. Taste, and if you'd like it a touch sweeter, add honey or maple syrup and blend again.

**Serve Fresh** Pour into a chilled glass, garnish with a sprig of fresh mint, and serve immediately.

Tips for Success:

Use ice cubes for a thicker, colder drink or cold water for a thinner, juicier consistency.

Want an extra chill factor? Freeze your watermelon cubes before blending.

Add a few mint leaves to the blend for an herbaceous twist.

You can even spike it with a splash of coconut water or cucumber juice for bonus hydration.

#### Serving Suggestions & Pairings:

Pair it with A Light Tangy Chicken Salad for a healthy, low-lift lunch

Serve as a palate cleanser alongside Blueberry Lemonade at summer gatherings

Add it to a brunch board with 3-Ingredient Egg Wraps for a fresh, energizing start to your day

Want a fruity twist? Serve it before Rainbow Sangria for a full-color drink bar

#### Storage Tips:

Best served immediately for that fresh flavor and frothy texture.

If storing, keep in a sealed glass jar in the fridge for up to 24 hours. Shake before serving.

#### More Recipes You'll Love:

Strawberry Mojito - equally cool, with a fizzy mint twist

Blueberry Lemonade - sweet-tart and perfect for picnics

3-Ingredient Egg Wraps - light and protein-packed

A Light Tangy Chicken Salad - perfect pairing for a refreshing lunch

#### Final Thoughts:

## DIRECTIONS

1. Prep the : IngredientsRemove seeds from watermelon (if not using seedless), cube it, and grate the fresh ginger.
2. Blend it : UpAdd watermelon, ginger, lemon juice, and your choice of water or ice into a blender.
3. Sweeten to : TasteBlend on high speed until smooth and frothy. Taste, and if you'd like it a touch sweeter, add honey or maple syrup and blend again.
4. Serve : FreshPour into a chilled glass, garnish with a sprig of fresh mint, and serve immediately.
5. Tips for Success: Use ice cubes for a thicker, colder drink or cold water for a thinner, juicier consistency.
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7. Add a few mint leaves to the blend for an herbaceous twist.
8. You can even spike it with a splash of coconut water or cucumber juice for bonus hydration.
9. Serving Suggestions & Pairings: This smoothie shines solo, but here are a few ideas to round out your refreshment game:
10. Pair it with A : Light Tangy Chicken Salad for a healthy, low-lift lunch
11. Serve as a palate cleanser alongside : Blueberry Lemonade at summer gatherings
12. Add it to a brunch board with 3-: Ingredient Egg Wraps for a fresh, energizing start to your day
13. Want a fruity twist? Serve it before Rainbow Sangria for a full-color drink bar

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16. More Recipes You'll Love: Strawberry Mojito - equally cool, with a fizzy mint twist
17. Blueberry : Lemonade - sweet-tart and perfect for picnics
18. 3-Ingredient Egg Wraps - light and protein-packed
19. A Light : Tangy Chicken Salad - perfect pairing for a refreshing lunch
20. Final Thoughts: This Refreshing Watermelon Ginger Smoothie is a summertime MVP-cool, light, and packed with natural sweetness and zing. It's the kind of recipe that's so easy and satisfying, you'll find yourself making it on repeat.
21. Let me know in the comments how you like to customize yours, and follow along for more drink ideas and easy recipes to brighten your kitchen year-round!

## TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/3-minute-watermelon-ginger-detox-smoothie-naturally-sweet-and-spicy/>