

Recipe

WATERMELON SALT ALOE ELIXER

SERVES 8-10

THE GOODS:

- 4 Cups fresh watermelon juice (about 2 1/2 lbs)
- 2 Cups cold, coconut or filtered water
- 1 Fresh, whole aloe leaf - spikes and skin removed + cut into 1" cubes
- 2 limes
- Bunch mint leaves

THE METHOD:

Prepare the aloe first by laying the leaf flat against a cutting surface. With a sharp knife, remove the spikes from both long, outer edges. Starting at the bottom, widest part of the leaf, run a sharp knife under the green skin on one side until you remove it completely. If you notice any yellow ooze, it's perfectly natural but bitter - wipe it off with a towel or rinse briefly under cool water. Once you've removed the first side of skin cut the aloe into squares as this will make it easier to pull away from the second side. Repeat the process of removing the second leaf with your knife and place the aloe gel cubes in a bowl. Set aside.

To make the watermelon juice cut 1" cubes of watermelon, pluck 1/2 cup of mint leaves, and cut the rind of both limes away from the pulp. Blend on high until well incorporated. Strain the watermelon juice into a large bowl through a fine mesh sieve to remove any solids. Rinse out the blender of any remaining watermelon pulp. Add strained juice, coconut water and aloe cubes to blender and blend once more until well incorporated.

Serve over ice with additional mint leaves, watermelon chunks and some flaky salt!

Boulder Nutrition