

# women's fitness



## Good taste

Been there, eaten that? Get a heaped dose of these nutritional updates

### I've been drinking... watermelon

It was nice knowing ya, coconut water – but now watermelon juice is the preferred beverage to get stuck into post-workout. Watermelon ain't just fun for summer; it's a fruit that rehydrates, speeds metabolism, detoxifies and is rich in potassium and L-Citrulline, which aids muscle recovery. Beyoncé even holds a stake in a watermelon juice business called WTRMLN WTR... But you can easily make it at home by blitzing half a chopped, seedless watermelon with the juice of half a lime (plus a teaspoon of grated ginger if you want an extra health kick), then straining through a sieve and serving with fresh mint leaves and ice cubes.