

Watermelon Smoothie

Mint

Power



It's getting hot in heeere, so take of all your clothes. Or don't, and cool off with a minty-fresh frozen drink instead ☐

Heeere is here in Iowa, where it is not getting hot, but in fact, has been horrendously hot and humid all week. The kind of hot where you just want to shower five times a day and you feel puffy and sweaty and gross no matter what, and you don't feel like eating anything but ice cream and gallons of water. Or maybe that's just me.

Since this weather hit, I've been replacing meals with smoothies whenever possible. I think smoothies are the best thing around during hot summer days, or illness, strenuous workout schedules or anything that might leave you dehydrated and short on electrolytes. Smoothies are such an easy way to give yourself a ton of fluid, vitamins, antioxidants, and protein without feeling heavy.

This smoothie is particularly great in hot weather because the watermelon adds even more fluid to the mix than most fruits, and the mint is so refreshing. It tastes amazing and gives

you full servings of fruit, green veggies, healthy fats and protein, along with about a liter of fluid. Everything you need for a sticky day!

Watermelon Mint Power Smoothie

- 1 cup vanilla Greek yogurt or 1 scoop vanilla protein powder
- 1 cup frozen watermelon chunks
- 1 handful fresh spinach
- 1/4 cup coconut milk or 1/4 of an avocado
- 12 oz coconut water
- 5-7 mint leaves or 1/4 t mint extract

Blend all ingredients in blender on high until mixture is smooth and no chunks remain. Serve immediately.

Skinny Sparkling Mojitos



Hello! It's been a long time! Things have been pretty hectic for me- we bought a house! So, the last couple of months have been spent working on moving, packing, unpacking, cleaning the old house, and

getting used to life in the new one. I haven't been able to do much cooking, unfortunately. Now the things are more settled, I'm excited to get back in the kitchen and enjoy all the wonderful foods summer has to offer ☐

One thing I love in summer is a light, refreshing cocktail to go with a laid-back dinner. Think grilled burgers on the patio. Wine, even white wine, always feels a bit heavy for me when it's really hot. And while I do love a good cocktail, many are loaded with sugar. On top of having too many calories in combination with the metabolism-slowing effects of alcohol (yikes!), the mixture of sugar and alcohol makes me sick to my stomach. No bueno!

Mojitos are one of my favorite summer drinks, so it was crucial for me to learn to make them with less sugar. Enter flavored sparkling water- a blessing for those of us who don't love sweet drinks! I prefer the type that is totally unsweetened. No sugar, no Splenda or Stevia. Just the sparkling water and a little natural flavor. There are several brands that you can find in any grocery store- Dasani, La Croix, etc. It gives me a nice break from plain water without any calories or weird chemicals. For my mojitos, I use lime-flavored water from whatever brand was on sale last.

If the totally unsweet drink just doesn't work for you, you can definitely add some sugar or sweetener. If I'm only adding a spoonful or so, I just sprinkle it on top of the finished drink and stir it a bit. If you want more, it's probably best to just go with a regular mojito recipe instead of this one.

Skinny Sparkling Mojitos

- ice
- 3 oz white rum
- 10 mint leaves, torn into small pieces
- 1 lime

- 1-12 oz can lime-flavored sparkling water
- 2 t fine white sugar (optional)

Fill two glasses half way with ice. Pour 1.5 oz rum in each glass. To each glass, add 1.5 oz rum and half of the mint leaves. Squeeze half of the lime into each glass. Fill each glass to the top with the sparkling water. Sprinkle each with 1 t sugar (optional). Gently stir to distribute rum. Serves 2.