

Watermelon Smoothie

Mint

Power



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

Heere 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.