

Watermelon Refresher Smoothie

Instructions

1. Add all ingredients to a blender and blend until smooth.
2. Add more ice to the smoothie to make it thicker, if desired.

Recover from your summer recreations with this refreshing and replenishing smoothie!

NOTE: This recipe makes 2 servings. You can either purchase your ingredients at your usual grocery store, or you can also try to find all of the ingredients at a summer farmers' market!

Ingredients

- 1 ½ cups of watermelon, cubed
- 1 cup of frozen tart cherries
- 1 cup of plain Greek yogurt
- ½ cup of coconut water, ultra filtered milk or plain kefir
- ½ cup of ice
- 1 tsp of cinnamon
- Optional: a handful of mint leaves, 1 tbsp of cacao powder, and/or a sprinkle of sea salt

Grocery List

Produce

- Watermelon
- Optional: mint leaves

Frozen

- Tart cherries

Dairy

- Greek yogurt
- Kefir or milk of choice

Pantry

- Coconut water
- Cinnamon
- Optional: cacao powder
- Optional: sea salt

Recipe adapted from The Balanced Berry.