



Watermelon Raspberry Refresher



This lycopene-rich summer smoothie is a great skin tonic and collagen builder, and provides cooling hydration for activity and hot hazy days. Makes 1 large or 2 small servings.

Ingredients:

- 1 cup watermelon chunks (about 2 good-size wedges) + 1 or 2 small chunks with rind for garnish
- ½ cup fresh or frozen organic raspberries + a few for garnish
- ⅓ organic English cucumber
- 3 sprigs organic mint leaves + 1 or 2 for garnish
- 1 serving berry or plain plant-based protein powder
- 1 Tbsp. organic chia seeds
- 1 serving plant-based omega oil
- 1 cup chilled mint or mint green/white tea OR coconut water
- ½ tsp. organic green or black matcha tea (optional)
- 1 serving berry or plain greens powder (optional)
- 1 tsp. beet powder (optional)

Directions:

If using chilled tea as your base liquid, brew either: the night before using cold-infusion – steep tea bag or loose tea in 1 cup cold or room-temperature water covered overnight in the fridge; or flash-chill – brew double the amount of loose tea or tea bags as you normally would (e.g. 2 tsp. loose instead of 1 tsp. or 2 tea bags instead of 1 tea bag) with the regular amount of hot water for double the amount of time (e.g. 6 minutes instead of 3 minutes for green tea), then remove tea bags/strain tea, pouring over lots of ice into a jar. Use 1 cup of brewed tea for this recipe.

Remove rind from watermelon and mint leaves from stems (except garnish pieces, if using).

Place all ingredients in the blender and process until smooth. Pour into 1 or 2 clear glasses or mugs and garnish as desired. Serve and enjoy!