

SUMMER MINT: SMOOTHIE 4

Makes about 1 1/4 cups

YOU NEED

1/4 cucumber • 1/2 cantaloupe, peeled and seeded
2 handfuls strawberries, hulled • 5 mint leaves

Add all of the ingredients to the blender with 1/4 cup of filtered water. Blend until smooth, then pour into a sieve set over a bowl. Help the juice through by pressing gently with a rubber spatula or wooden spoon.

This is a well-rounded smoothie good for a healthy immune system.

Vitamin Enhancing Hydrating Rejuvenating

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