

# Watermelon Cucumber Refresher

Adapted from: Clean Soups by R. Katz

Make about 6 cups

## Ingredients

- ½ medium watermelon, cut into chunks, (about 4 cups)
- 1 medium cucumber, peeled, chopped, (about 1 cup)
- 2 tablespoons extra-virgin olive oil
- 1 small jalapeño pepper, seeded and chopped
- 1 fresh lime, juiced
- 1 teaspoon lime zest
- 1 teaspoon sea salt
- 2 tablespoon fresh mint, chopped
- 10 ice cubes
- optional garnishes: fresh mint, slice of watermelon rind

## Instructions

1. In a blender, add the watermelon, cucumber, olive oil, jalapeño, lime juice, lime zest, salt and ice cubes and blend on high until smooth.
2. Add the mint. Blend gently on low until just combined.
3. Serve in glasses. Option: garnish with mint .
4. Sit. Drink. Refresh. Recharge.
5. Store the rest in a covered glass bottle, in the refrigerator

## Benefits

### Watermelon

-hydrating, refreshing, rich in cancer fighting lycopene and heart protecting citrulline

### Cucumber

-hydrating, cooling, rich in cucurbitacin, a nutrient that blocks cancer signaling pathways

### Lime

-rich in vitamin C and health promoting bioflavonoids

## Modifications

- Add a little watermelon rind, cucumber skin for added nutrients.
- Add some mineral water to make it bubbly.
- Add yogurt for more protein and beneficial bacteria.

*Nancy Birang BS, NC - Integrative Nutrition Consultant - 408-832-6178 – [nancybirang@gmail.com](mailto:nancybirang@gmail.com),  
[www.fourseasonsnutrition.com](http://www.fourseasonsnutrition.com)*