**Watermelon Cucumber Smoothie**

**INGREDIENTS**
- 5 C. Seedless Watermelon, cut into chunks
- 3 medium cucumbers, washed and chopped (seeds removed), skin (optional)
- 1/3 C. Fresh Lime Juice
- 1 C. Ice
- 1/2 Cup. Mint Leaves +more for garnish

**INSTRUCTIONS**
1. Place watermelon, mint, cucumber, lime juice and ice in a blender and blend until smooth.
2. Divide it into 4 glasses and garnish each glass with mint leaves.
3. Serve immediately.

**SERVING SIZE:** 4

**VISIT BCOC.ORG FOR MORE RECIPES!**
Recipe from: https://foolproofliving.com/minty-watermelon-cucumber-smoothie/

Nutritional Information: Serving Size: 1/4 of recipe; Calories: 78, Total Fat: 0.3g, Total Carbohydrate: 21g, Total Sugars: 14g (naturally occurring), Protein: 1.4g

VISIT BCOC.ORG FOR MORE RECIPES!