



Strawberry-Watermelon Refresher

Yield: 4 servings

Ingredients:

- 1 cup strawberries, fresh or frozen
- 1 cup diced watermelon, fresh or frozen
- 3 cups coconut water
- juice of 1 lime
- small spring of mint
- 1 tbsp. chia seeds

Directions:

1. Add all ingredients to blender and blend together until smooth
2. If using fresh fruit, add ice to blender