

Berry Melon Smoothie

From Damn Delicious Meal Prep by Chungah Rhee

Ingredients

TO PREP

4 cups diced watermelon
2 cups diced cantaloupe
1 cup frozen raspberries
⅓ cup packed fresh mint leaves

TO SERVE

1 cup coconut water
4 tablespoons fresh lime juice
2 tablespoons honey

Instructions

1. Combine the watermelon, cantaloupe, raspberries, and mint in a large bowl. Divide among 4 ziploc freezer bags and freeze for up to a month, until ready to serve.
2. TO MAKE ONE SERVING: Place the contents of one bag in a blender and add ¼ cup coconut water, 1 tablespoon lime juice, and 1 ½ teaspoons honey. Blend until smooth. Serve immediately.

Katie's notes: Rather than divide this into four servings, I halved it because I like a big smoothie! It worked fine except I needed a little bit more coconut water to get it to blend properly.