

## Watermelon & Mint Juice

### Ingredients:

- 4 cups watermelon cubes (seedless)
- ½ cucumber (peeled, chopped)
- Juice of 1 lime
- A handful of fresh mint leaves
- Ice cubes

### Instructions:

1. Add watermelon, cucumber, lime juice, and mint into a blender.
2. Blend until smooth and strain if desired.
3. Serve cold with ice cubes.

### Benefits:

Watermelon is one of the richest sources of lycopene, and cucumber adds hydration for glowing skin.