



Honeydew Cucumber Smoothie with a Kiss of Lime

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Summer is here in spades and it's a perfect time to add this cool and refreshing smoothie to the mix.

Honeydew Cucumber Smoothie with a Kiss of Lime

Ingredients

Organic Honeydew Melon	2 Cups (cut up)
Organic English Cucumber	1 ½ Cups (cut up)
Sheep's or Goat Yogurt	3 oz.
Limes	1 oz. plus 1 T (juiced)
Fresh Mint	2 Ts (torn up)
6-7 Ice Cubes	

Directions

Combine all ingredients in a blender, blend, pour, ENJOY!!

** Note : Choose a smaller, fully ripe organic Honeydew if possible. You will hit optimum Honeydew flavor and sweetness this way. If this is not possible and you find the Honeydew waning, add a few drops of agave syrup to the smoothie to round out the flavors.

Yield : Aprox. 14 -16 oz.

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