

# Cucumber and Melon Smoothie

Cucumbers have an extremely high water content making it one of the most hydrating vegetables available. The melons make this a light and refreshing smoothie

Yield: 2 servings

1 cup water  
2 Tb chia seeds  
1 cup ripe cantaloupe  
1 cucumber, chopped  
1 cup watermelon  
1 tsp lime juice  
2 cup leafy green (spinach or romaine)  
Ice as needed

- Soak chia seeds in water for 30 minutes or overnight in the refrigerator.
- Put all ingredients into a Vitamix or blender and blend on high until smooth and creamy.