

# Wake-Me-Up Watermelon Drink

This is a great thirst quenching and light drink great after a workout or when you need a quick pick me up. With only two ingredients (three if you count the basil or mint), it is so easy to whip up. You will feel your cells come alive immediately after drinking this smoothie.

Cheers and Sansational!



Serves 1

## **Ingredients:**

- 1 cup coconut water
- 1 cup frozen watermelon pieces
- 2 or 3 fresh basil or mint pieces (optional)

**Directions:**

Combine water and watermelon in a blender until smooth. Add basil or mint and stir in drink.

**Sansational Tip:**

Ever buy a huge watermelon and wonder what to do with it all? Cut into small pieces and store in bags for the freezer. When the urge comes up for a hydrating and refreshing drink and want to make this smoothie, the watermelon is ready to go.