



Cantaloupe Cucumber Basil & Mint Smoothie

Source: wholefoodsmarket.com

Serves: 2

This refreshing smoothie packs a nutrient punch by combining leafy greens and herbs with cantaloupe, cucumber and almond milk. We suggest sweetening it with a little honey, but you could also blend three or four pitted dried dates into the smoothie instead.

Ingredients:

- 1 cucumber, peeled and seeded
- 2 cups cantaloupe chunks (from about 1/4 large cantaloupe)
- 1 cup finely chopped kale or baby spinach leaves
- 1/4 cup fresh basil leaves
- 1/4 cup fresh mint leaves
- 3/4 cup plain unsweetened almond milk
- 1 teaspoon honey (optional)
- 1/2 teaspoon pure almond extract

Method:

Combine all ingredients in a blender; blend until smooth. Pour into 2 glasses and serve.