



TODAY'S JUICE

WATERMELON, MINT & GINGER

TO MAKE YOURSELF A GLASS, JUICE THE FOLLOWING:

- Watermelon - 2 cups - rind removed.
- Mint - 4 leaves.
- Ginger - 1 knob (fingertip size) - remove skin.

NUTRITION FACTS

Watermelon contains vitamin C and minerals such as potassium (which helps to regulate blood pressure) as well as being a good source of hydration due to its high water content.

Ginger is loaded with nutrients and bioactive compounds with incredible antioxidant and anti-inflammatory properties.

Mint is a good source of antioxidants, which help protect against heart disease, aid in digestion, and boost immunity.