

NATURE'S



FOOD PATCH

Market & Café

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Super Smoothies Part 2 7/20 - Brad Myers

Coconut Cucumber Cooler

- 1 Thai Coconut (water & meat)
- 1 medium Cucumber
- 3-5 Mint Leaves
- 1 Frozen Banana
- Small handful of Cilantro
- Juice of half a Lime



Watermelon Refresher

- Watermelon
- Frozen mangos or peaches
- Mint Leaves
- Small handful of soaked Medjool Dates

Blend all ingredients together. Play with the amounts of ingredients and customize to your personal preferences.
Drink slowly and enjoy! ☺