

# WATERMELON RASPBERRY CRUSH

1 Serving (8 ounces) / 2 Minute Prep Time

## INGREDIENTS

1 thick slice / Organic Watermelon

2 handfuls / Organic Red Raspberries

## DIRECTIONS

Remove skin from watermelon and cut into small pieces. Juice ingredients. Enjoy

## FOOD NOTES

**Watermelons** are naturally sweet and bundled with vitamins A and C, which support immune function and skin health. Other nutrients include potassium, magnesium, an array of B vitamins, and protective antioxidants supporting cell and overall health. The nutrients in watermelon reduce blood pressure and improve circulation to support heart health. Watermelon also helps reduce muscle soreness, manage weight, aid digestion, and protect your skin

**Red Raspberries** contain strong antioxidants such as Vitamin C, quercetin and gallic acid that fight against cancer, heart and circulatory disease and age-related decline. They also contain Vitamin A, thiamine, riboflavin, vitamin B6, calcium and zinc. They are high in ellagic acid, a known chemo-preventative, and have been shown to have anti-inflammatory properties.

## SHOPPING LIST

Item 1: Organic Watermelon

Item 2: Organic Raspberries

## BENEFITS

A sweet juice that tantalizes the taste buds while rich in nutrients. Loaded with an array of antioxidants known to bolsters your immune system and provide protection against cancer, heart, circulatory and age-related diseases. Protects your cells, reduces inflammation, helps improve blood flow and/or circulation and lowers blood pressure and sugar levels too. Can also aid in reduction of muscle soreness, digestive health and skin health.

## NUTRIENTS

Nutrients include Antioxidants such as Vitamin C, quercetin and gallic acid, B-Vitamins (including Foliates, B6, Riboflavin, Thiamine), Vitamins A, Magnesium, Potassium, calcium and zinc. It is also an excellent source of phytonutrients and fiber.