



AVOCADO

Food for life



🕒 Approximately **10 min**

🔥 **0 kcal** p.p.

👤 **4 persons**

WHAT YOU NEED

- Honeydew melon: 1 pcs
- Mint: 4 g
- Cucumber: 1 pcs

GOOD TO HAVE AT HOME

- Ice cubes: 200 ml
- Water: 250 ml
- Agave syrup: 1 tsp.
- Honey: 1 tsp.

ALLERGENS

CUCUMBER AND MELON SMOOTHIE

PREPARATION

- Wash the cucumber and cut it into pieces. Discard the ends. Then cut the melon in half and scoop out the flesh with a spoon.
- Transfer the water, the melon, the cucumber and ice cubes to a blender. Blend until smooth.
- Taste it and sweeten it with honey or agave syrup, if necessary.

SERVING

- Pick the mint leaves and put them to your glasses.
- Pour over with melon and cucumber smoothie and stir.
- Enjoy icecold!