



ANTI-INFLAMMATORY BERRY, WATERMELON, AND GINGER SMOOTHIE

Ingredients:

1 heaping cup watermelon chunks (be generous!)

1½ cups frozen mixed berries (no sugar added)

1 inch piece ginger, peeled and chopped (if you're using a conventional blender, you may wish to grate the ginger before adding it, so that it blends more easily)

¾ cup coconut water

2 teaspoons chia seeds

¼ avocado

Instructions:

Blend all together and serve!