Avocado, Melon & Ginger Juice

Cooling melon and a touch of ginger heat against creamy avocado.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 2 tbsp avocado
- 1 slice melon
- 1 sliver fresh root ginger
- 1 leaf fresh mint
- 0.5 glass chilled water

Method

1. Blend all the ingredients with the chilled water until smooth.

Tips & swaps

- Cantaloupe or galia melon both work well here.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**1g**	**10g**	**6g**	**2g**

Estimated values, for guidance only.