THE LIGHTER PLATE METHOD

Watermelon & Mango Cooler

Barely-there effort for a genuinely refreshing, naturally sweet juice.

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

Ingredients

- 1 slice watermelon
- 100 ml coconut water
- 1 slice mango

Method

1. Blend all the ingredients together.
2. Drink without straining.

Tips & swaps

- Freeze the fruit beforehand for a slushier texture.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
70	**1g**	**17g**	**0g**	**1g**

Estimated values, for guidance only.