



Summer Watermelon Salad

The Ingredients

- 1 small watermelon cut into small cubes
- 1 cucumber with peel cut into small cubes
- 1 cup organic blueberries
- 1 block of feta cheese cut into small cubes
- 1/8 cup finely chopped fresh mint
- 1/8 cup finely chopped fresh basil
- 1/4 cup Extra Virgin Olive Oil
- 3 Tablespoons of Apple Cider Vinegar
- 3 Tablespoons of Organic honey or Agave
- 1 teaspoon lemon juice
- salt and pepper to taste

Preparation:

Cut up all the fresh produce, herbs, and feta cheese and add them to a large mixing bowl.

Add the Extra Virgin Olive Oil, Apple Cider Vinegar, honey, lemon juice, salt, and pepper to a small mixing bowl and stir ingredients together

Pour the dressing over the produce and feta, mix well and refrigerate for an hour.

Serve cold with a slotted spoon at summer get-togethers, family dinners, and as a healthy afternoon snack.

Nutritional Facts per serving. This recipe serves 8. Each serving = 1 cup
Calories per serving 181 / Protein: 5g / Fat: 11g / Carbohydrates: 18g

Health benefits of watermelon

Watermelon is 90% water that helps hydrate the body, is loaded with vitamins A (for healthy skin and eyes), C (for a strong immune system), and B6 (for a healthy nervous system). It also contains Lycopene, a valuable antioxidant that fights against oxidative stress (too many free radicals which break down the body and making it age).

Health benefits of cucumbers

Cucumbers are 96% water and contain valuable electrolytes such as magnesium, phosphorus, and potassium that help hydrate the body. They also provide high levels of vitamin K (for strong bones and calcium absorption), folate (helping the body make new cells), and fiber when eaten with the peel on.

Health benefits of blueberries

Blueberries are a superfood because of the many health benefits they provide. They help lower cholesterol, reduce the risk for certain cancers, heart disease, diabetes, and high blood pressure, and will even boost your mood. Packed with antioxidants that prevent or slow cell damage caused by free radicals, blueberries are high in potassium and vitamin C. A serving (1/2 cup) of blueberries daily is recommended as part of a healthy diet.

Health benefits of fresh herbs

Fresh herbs have numerous health benefits. Mint helps relieve digestive upset, reduces breastfeeding pain, and improves brain function. Basil is a great source of various vitamins and minerals and omega 3 fatty acids.

Health benefits of feta cheese

Higher in calcium than other cheeses, feta is good for bone health. Typically made from sheep's milk and fermented, feta is easier on the digestive system and good for gut health.

Health benefits of Extra Virgin Olive Oil

Extra Virgin Olive Oil is one of the healthiest foods for a healthy heart, reducing blood pressure, and a beneficial anti-inflammatory.

Health benefits of Apple Cider Vinegar

This ancient food has many health benefits and known to lower blood sugar and aid in managing diabetes, calming upset stomachs, helpful for weight loss, and an anti-bacterial.

*Enjoy this summer recipe and all its health benefits!
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