

Smoothies

SunWalk Sunset Cooldown

Why not try this super-simple smoothie, filled with antioxidants, it's incredibly hydrating and refreshing... not to mention how good it is for your muscles post challenge!

INGREDIENTS

- * 3 cups chopped, seedless watermelon
- * 2 cups fresh or frozen strawberries
- * 2 sprigs of mint
- * Crushed ice
- * Squeeze of lime
- * Fresh strawberry on the rim to dress

INSTRUCTIONS

- * Place the chopped watermelon, frozen strawberries, 1 sprig of mint and ice into the blender
- * Squeeze in lime
- * Blend on high for 30 to 60 seconds, or until smooth
- * Pour into a glass
- * Dress with a fresh strawberry on the glass rim and pop in a sprig of mint
- * **Enjoy!**

Nina's Favourite!

Simple and not so sweet but filled with goodness!

INGREDIENTS

- * 8 medium carrots – washed
- * 1 stalk of celery
- * A handful of parsley

INSTRUCTIONS

- * Starting with 4 carrots put them through a juicer, followed by the celery and then the parsley, ending with the remaining carrots that will push any remaining parsley through the juicer
- * Pour into a glass
- * For a twist and a touch of pink add a small beetroot
- * Finish with an additional stick of celery or parsley to dress
- * **Enjoy!**

Melon Muscle Magic

Sore or aching after your walk? This smoothie is loaded with ache-relieving anti-inflammatories, which is great for post-walk recovery and tastes delicious!

INGREDIENTS

- * 4 cups chopped and chilled ripe honeydew melon
- * 2 tbsp chopped basil
- * 2 tbsp lemon juice
- * Small avocado, pitted and peeled
- * Honey to taste
- * Pinch of natural salt
- * 1 ice cube

INSTRUCTIONS

- * Place all the ingredients into a blender
- * Blend on high for 30 to 60 seconds, or until smooth and creamy
- * Pour into a glass
- * Dress with a swirl of honey on the top... if you wish
- * **Enjoy!**



uniting against breast cancer