

# FREE RECIPE

## Berry, melon & pomegranate cooler

100g watermelon  
70g frozen strawberries  
40g frozen raspberries  
40g pomegranate seeds  
2 sprigs of fresh mint  
100ml cold water

Serves 1 Per serving:  
117 calories  
1g fat  
3g protein  
24g carbs

Place the ingredients in a blender. Blend until smooth. Consume immediately.

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