



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

WATERMELON MINT CUPS

Juicy watermelon, fresh mint and lime come together in a bright, refreshing summer treat. 

INGREDIENTS:

- 4 cups seedless watermelon, cubed
- 2 Tbsp fresh mint, chopped
- Juice of 1 lime
- 1 tsp raw honey (optional)
- Pinch of sea salt (optional)

HOW TO MAKE:

- 1 Place watermelon in a bowl.
- 2 Add the chopped mint.
- 3 Squeeze lime juice over the top.
- 4 Add honey or sea salt if desired.
- 5 Toss gently, spoon into cups and chill.

HERBAL BENEFITS:



HYDRATING TREAT

Watermelon makes a juicy, refreshing snack.



VITAMIN C

Watermelon and lime provide vitamin C.



COOLING & REFRESHING

Mint and lime add a bright, fresh finish.



NATURALLY SWEET

A colorful treat with no refined sugar.



*Simple ingredients.
Fresh summer flavor.*



TINY HERBAL TIP

Chill the watermelon first and add mint just before serving for the freshest flavor.



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*Thank you for being
part of this herbal
wellness journey!*