

Recipe: Summer Cooler

As seen in Health magazine, this fruit smoothie/soup is a real keeper and great after a workout!

Ingredients:

½ ripe cantaloupe
1 tsp chopped fresh mint
1-2 Tbsp lime-flavored Perrier water
¼ cup minced pineapple
¼ cup minced strawberries

Directions:

1. Blend in blender till pureed and serve.

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
www.amysinteriorgardens.com