

Watermelon Booster

½ small watermelon

Handful of mint leaves

½ inch of ginger piece, peeled

¼ cup freshly squeezed lemon juice

¼ cup maple syrup

2 strawberries

1 cup ice

Mix in blender and enjoy

Watermelon is an immune-boosting fruit.

One 2-cup serving of watermelon has 270 mg of potassium, 30% of the daily value of vitamin A, and 25% of the value of vitamin C. Calories in watermelon aren't much at all. One 2-cup serving of watermelon has just 80 calories.

Watermelon also provides vitamin B6 and glutathione. The body needs these vitamins, nutrients, and compounds like glutathione for proper immune function.