

## Aloe Vera Cooler

Serves: 2

Place all ingredients in a blender in the order listed and blend.

### Ingredients

- ½ cup Aloe Vera Juice
- 1 cup Coconut Water
- ½ cup Cucumber
- ½ juice of lime and zest
- ¼ teaspoon mint
- Honey or maple syrup to taste, optional

*Adapted Joyful Belly recipe*

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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