

Hydration Hero Smoothie

Goal: Deep hydration and plumpness

Ingredients:

1 cup watermelon

½ cucumber

¼ avocado

1 tbsp chia seeds (soaked in water)

Juice of ½ lime

1 cup coconut water

Why it works:

High-water fruits + healthy fats + chia = hydration boost and smoother skin texture.

Steps:

Soak chia seeds in water for 10 minutes to soften.

Prep watermelon, cucumber, and avocado.

Add all ingredients to the blender, including lime juice.

Blend on high for 45 seconds.

Pour and drink immediately to get the hydration and fibre benefits.

