

## Refreshing Watermelon and Cucumber Salad



After all the mooncakes indulgent in September, October is a month for us to recharge our body system and boost our energy levels. This can be done by cutting down on your sugar and fat intake and opting for healthier food options. We have found a refreshing Watermelon & Cucumber Salad recipe that is simple to prepare and perfect for you to begin your clean diet with!

### Ingredients

- 6 cups of watermelon cubes
- 1/2 cucumber - sliced and cut into quarters
- 1/2 red onion, thinly sliced
- 1/2 cup crumbled feta cheese
- 20 mint leaves, roughly chopped

### Dressing

- 2 tablespoon honey
- 2 tablespoon lime juice
- 1 tablespoon olive oil
- Pinch of salt

### Method

In a large bowl, combine watermelon, cucumber, onion, feta and mint. Whisk the dressing ingredients separately in a small bowl and pour over the salad and toss to coat. Serve immediately or if you prefer it chilled, refrigerate up to two hours (covered) before serving!

*Recipe and image courtesy of Juliaandlibby.com*