

3 Refreshing Watermelon Recipes for a Stronger Immune System



1. Breakfast: Watermelon Chia Smoothie

While the watermelon is flavorful, the true star of this delicious breakfast treat are the chia seeds. They're high in fiber and protein, and are also a rich source of omega-3 fatty acids. These fats are important for immune function and also help to battle chronic inflammation in your body.

- 1 1/2 cups fresh watermelon, cubed
- 1 cup frozen strawberries
- 1 frozen banana
- 1/2 cup of your favorite plant-based milk
- Juice from one lime
- 1 Tbsp organic chia seeds

Combine all ingredients in a blender and blend until smooth. Enjoy!

2. Lunch: Mediterranean Watermelon Salad

Researchers have [linked](#) the Mediterranean diet with improved markers of immune strength. This cool salad draws its inspiration from Greece and Italy, and it's both filling and refreshing. The basil and mint add a layer of texture and flavor, while the vinaigrette adds a surprising level of complexity to the palate.

DRESSING

- 2 tbsp local, organic honey
- 2 tbsp lime juice

2 tbsp extra virgin olive oil
Salt

SALAD

1/2 watermelon, peeled, cubed
2 cups cubed cucumber
15 fresh mint leaves, torn
15 fresh basil leaves, torn
1/2 cup crumbled feta cheese

Whisk the dressing ingredients together with a pinch of salt to taste and set on the side.

In a big mixing bowl, combine the salad ingredients. Toss in the dressing and stir to coat all the watermelon. Enjoy!

3. Dinner: Savory Watermelon Kabobs

If you've never thought about grilling watermelon, you're missing out. Cooking watermelon on the barbecue grill brings out this fruit's sweetness thanks to natural caramelization, which pairs nicely with the salty seasonings in this dish. Sweet, salty and warm -- the perfect way to end a summer evening.

1 tablespoon reduced-salt soy sauce or tamari
1 tablespoon Sriracha chili sauce
1 tablespoon honey
1 garlic clove, minced
4 cups of watermelon, cubed
20 raw shrimp, peeled and deveined
1 medium red onion, chopped into 1-inch pieces
Salt and pepper

First, make your kabob marinade. Combine the first four ingredients, plus half of the cubed watermelon, in a blender and blend until smooth. Pour the contents into a saucepan and bring it to a boil, then reduce the heat to a simmer and simmer for 15 minutes. Set it aside.

On skewers, add the shrimp, onion and watermelon cubes in alternating fashion. Sprinkle with some pepper and coarse salt, then barbecue for four minutes on each side or until the shrimp is cooked.

Remove from the grill and brush with the marinade and enjoy! This pairs great with brown rice, and you can use the extra marinade as a drizzle on the rice, on a side salad, or anything else your imagination desires!

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins drops as you age. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining a healthy diet with healthy supplements!



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