

Frugal Foodie Friday: Strawberry-Watermelon Soul Smoothie

What could be more frugal than an in-season (and consequently on sale) fruit-based recipe? And what could be more refreshing on an Independence Day weekend (or any old hot summer day for that matter) than a cool smoothie? This dairy-free and vegan Strawberry-Watermelon Soul Smoothie combines the best of both worlds, using sweet ripe watermelon and strawberries to create a quick, easy, and slushy beverage that will settle you into that hammock with a smile, and send the kids off running through sprinklers with a burst of energy from the natural sugars. This recipe will surely become a 4th of July favorite. It is heavily inspired by the cookbook, *Vegan Soul Kitchen* by Bryant Terry. He truly is a master of simplicity and flavor.