

Strawberry Watermelon Smoothie

Refreshing, Healthy & Hydrating



 2 servings  5 minutes

INGREDIENTS

- 2 Cups watermelon, diced and seeds removed
- ½ cups strawberries
- ½ cup plain (or vanilla) greek yogurt
- 1 Tsp honey, plus additional to taste
- ½ cup milk (milk alternative)
- ¼ cup packed, fresh mint leaves)

*for additional protein, add 1 serving of your preferred protein powder

DIRECTIONS

1. Add milk, yogurt, protein powder (if using), honey, fruit, spinach (if using), mint and ice to your blender
2. Blend until desired consistency is reached.
3. Add more liquid as needed if the smoothie is too thick
4. Enjoy!

**if using fresh fruit, add ice to make a colder drink

Nutrition Facts	Amount		% Daily Value*		Amount		% Daily Value*	
Serving: 1 Cup	Total Fat 2.7g		4%		Total Carbs 18g		6%	
	Saturated 1.3g		6%		Dietary Fiber 2g		8%	
	Cholesterol 9 mg		3%		Sugars 15g			
Calories 127	Sodium 59 mg		2%		Protein 9g		18%	
	Calcium 51%		Iron 18%		Vitamin A 18%		Vitamin C 51%	

*Percent Daily Values are based on a 2000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.