



HYDRATING STRAWBERRY WATERMELON MINT SMOOTHIE

INGREDIENTS

- 2 cups of 1-inch diced frozen watermelon cubes
- 1 cup frozen strawberries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1/2 cup unsweetened almond milk
- 3 tablespoons fresh mint leaves

TIME

- Ready in | 5 m
- Serving size| 2 cups

NUTRITION FACTS

- 300 kcal
- 9g protein
- 35g carbs
- 1g fat
- 6g fiber

PROCEDURE

01

Wash mint leaves. Measure out ingredients .

02

Place all of the ingredients in blender: watermelon, strawberries, yogurt, honey, almond milk, and mint.

03

Blend until smooth, adding more almond milk as needed if the smoothie is too thick. Add additional honey if you'd like the smoothie sweeter. This will vary depending upon your brand of yogurt and preferences.

04

Enjoy immediately or freeze in freezer safe storage containers to enjoy later.

05

Smoothie tip: Wrap a paper towel or a koozie around the glass to prevent fingers from becoming cold.