


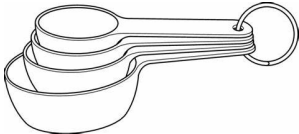


Watermelon Splash Smoothie

Serves 4

Nutrients Per 1 cup serving:

110 Calories | 0g Fat (0g Saturated) | 29g Carbohydrates | 0g Added Sugar | 2g Protein | 0mg Sodium | 3g Fiber

Equipment Needed

 <p>Blender</p>	 <p>Measuring cups</p>	 <p>Rubber spatula</p>	 <p>Kitchen shears</p>
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Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

			
<p>4 cups watermelon chunks</p>	<p>12 frozen strawberries</p>		

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 
<p>Wash hands.</p>	<p>Place watermelon chunks in a blender. Put the lid on and blend until smooth.</p>	<p>Add frozen strawberries. Blend until smooth.</p>	<p>Enjoy!</p>