

WATERMELON SMOOTHIE

INGREDIENTS

- 3 cups **watermelon** (cut into 1 ½ inch cubes with seeds removed)
- 1 cup **low-fat milk**

DIRECTIONS

Always practice food safety when cooking.

- 1) Place watermelon cubes in freezer on a baking pan for 3 hours.
- 2) Place frozen watermelon and milk in blender. Blend until smooth.
- 3) Serve immediately.

NOTES

- Dairy alternatives, such as fortified soy milk could be used.



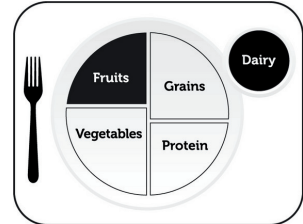
Freeze: 3 hours
Prep: 10 minutes



3 servings
(1 serving = 1 cup)



low fat
low sodium



Nutrition Facts	
3 servings per container	
Serving size	1 cup (233g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 113mg	8%
Iron 0mg	0%
Potassium 300mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.