

Watermelon-Strawberry Smoothie

Total: 5 min. Active: 5 min. Yield: 2 servings/3 cups.

Nutritional Information Per Serving

Calories: 152. Total Fat: 2g. Carbs: 28g. Protein: 8g.

Ingredients

- 2 cups frozen strawberries
- 1 cup watermelon, chopped
- 1 cup low-fat plain yogurt
- squeeze of lime juice

Directions

Combine strawberries, watermelon, yogurt, and lime juice in a blender. Puree until smooth.

