

# WATERMELON SMOOTHIE

**Prep Time:** 15 Minutes **Calories:** 285 Calories **Serves:** 2

Fat: 0.6g (grams) | Protein: 5.6g | Carbs: 61g

## INGREDIENT

- 3-4 cups diced water melon (remove the seed)
- 1 Orange (diced)
- 1 Banana (peeled)

## PREPARATION

- Put your diced watermelon into the blender, then add your orange and banana. There is no need to add water as watermelon is very juicy.
- Then blend for 3-5 minutes until smooth. Serve with Ice for a refreshing taste.

