

Watermelon Berry Smoothie

A power-packed, easy-to-make mini meal.

Ingredients:

- 1 cup cut-up watermelon
- 1 cup sliced strawberries
- ¼ to ½ teaspoon sugar, if desired
- 1 (6-oz.) carton custard-style vanilla yogurt

Directions:

Place watermelon pieces along with remaining ingredients into blender container. Blend until mixture is pureed. Pour into glass; serve immediately.

Servings: 1 (1 1/2-cup) serving
Each serving provides 2 cups of fruit.

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