

## Watermelon, Strawberry, & Basil Smoothie

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### **Ingredients:**

3 cups ripe watermelon, chopped into small chunks  
8 fresh strawberries, chopped  
½ cup coconut water\*  
Small handful of fresh basil leaves

### **Directions:**

Place all ingredients into a blender and blend!  
\*Add more coconut water if needed to blend smooth

Makes 2 servings

Nutrition facts per serving: 100 calories, 0g fat, 2g fiber



## Mandarin Orange, Mango, & Banana Smoothie

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### **Ingredients:**

1 cup ripe mango, peeled and cubed  
¾ cup ripe banana (about 1 medium banana), sliced  
1 mandarin orange, peeled and segmented  
2/3 cup 1% milk or milk of choice\*  
1 teaspoon honey  
¼ teaspoon vanilla extract

### **Directions:**

Place all ingredients into a blender and blend!  
\*Add more milk if needed to blend smooth

Makes 2 servings

Nutrition facts per serving: 162 calories, 1.5g fat, 4g fiber



