



Watermelon Smoothie

Number of servings: 1

Serving Size: 1 cup

Equipment:

Blender

Ingredients:

2 cups seedless watermelon

½ cup ice

1 teaspoon lime juice

1 teaspoon powdered sugar

Optional – garnish with lime zest

Directions:

Place all the ingredients in a blender and blend until smooth. Enjoy!

MyPlate servings: 2 servings of fruit

Nutrition Facts

Serving Size 8 ounce 1 (1g)

Serving Per Container 1

Amount Per Serving

Calories 58

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>

Pump it Up: Lunges - Make sure your shoulders are back, and your knee does not cross over your toes. Do 3 sets of 8 on each side.

Food for Thought: Early explorers used to use watermelons as canteens -Watermelon is 92% water.