

Berry-Watermelon Hydrating Smoothie

Serves 2

Ingredients:

- ½ cup coconut water
- 2 cups frozen berries
- 1 cup seedless watermelon, diced
- ¼ cup cucumber, peeled and chopped
- ½ cup plain or vanilla Greek yogurt



Directions:

1. Place ingredients in the blender, starting with coconut water, followed by watermelon, cucumber and yogurt. Place frozen berries in the blender last.
2. Secure the top of the blender and blend at a slow speed for 30 seconds.
3. Increase to a high speed and continue blending for about 2 minutes, or until all ingredients are blended.
4. Optional: If the smoothie is too thick in consistency, try adding 2 tablespoons of coconut water and blend for an additional 30 seconds.
5. Pour into a glass and enjoy!

Nutrition Information per serving (1/2 recipe):

Calories: 195, Total Fat: 0 g, Saturated Fat: 0 g, Unsaturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 119 mg, Carbohydrate 29 g, Fiber: 4 g, Sugar: 20 g, Added sugar: 0 g, Protein: 13 g

SOURCE: <https://marymakesgood.com/2018/07/hydration-smoothies.html>
