



Watermelon strawberry and ginger smoothie

15'
Hands on

4
Portion(s)

1
Difficulty



Ingredients

- 450 g watermelon, cut into small cubes
- 400 g strawberries, cut into 4
- 2 teaspoon(s) ginger, fresh, grated with juice
- lime juice, of 1 lime

Διατροφικός πίνακας

Nutrition information per portion

55 Calories (kcal)	0.6 Total Fat (g)	0.1 Saturated Fat (g)	10.0 Total Carbs (g)
3%	1%	1%	4%
9.8 Sugars (g)	0.8 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
11%	2%	0%	0%

Method

Photo credit: G.
Drakopoulos - Food Styling: T. Webb

- Wash and remove stems from strawberries.
- Remove rind and seeds from watermelon.
- Puree all of the ingredients in a blender. Blend for at least 3 minutes until the mixture is smooth.
- Divide smoothie between 4 glasses and serve immediately.