

WATERMELON - STRAWBERRY SMOOTHIE RECIPE

Ingredients:

- 2 cups watermelon, cubed
- 1 cup strawberries, hulled and sliced
- 1 kiwi, peeled and sliced
- 1 cup milk (dairy or plant-based)

Instructions:

1. Prep the Ingredients: Start by cubing the watermelon, hulling and slicing the strawberries, and peeling the kiwi. Cutting the fruits into smaller pieces will make blending easier and help ensure a smooth texture.

2. Blend the Watermelon First: Watermelon has a high water content, so it's best to blend it first. Add the watermelon cubes into your blender and blend on high until smooth. This will create a natural juice-like consistency, which will help blend the other fruits seamlessly.





3. Add the Strawberries and Kiwi: Next, toss in the sliced strawberries and kiwi. These fruits add sweetness and a tangy kick that pairs perfectly with the watermelon. Blend again until all the fruit is fully incorporated, and the mixture looks vibrant and smooth.

4. Pour in the Milk: Once your fruit blend is smooth, gradually add in the milk. You can use any milk of your choice, such as almond milk, coconut milk, or traditional dairy milk. Blend on low until the smoothie reaches your desired creaminess. If you prefer a thicker smoothie, you can reduce the amount of milk, or if it's too thick, add more milk a little at a time.



5. Serve & Enjoy: Pour the smoothie into a glass, add a few ice cubes for extra chill, and garnish with a slice of kiwi or strawberry for presentation.

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