

# Watermelon and Strawberry Smoothie

6 oz Lemon yogurt, non fat  
2 c Watermelon, seeded, cubed  
2 c Strawberries, fresh or frozen  
1 Banana, sliced, frozen

1. In a blender or food processor, PROCESS ingredients until smooth.
2. SERVE and ENJOY.

**Makes 4 servings**



**Nutrition Information: 110 calories, 0 g fat, 0 mg cholesterol, 30 mg sodium, 26 g carbohydrate, 3 g fiber, 3 g protein**

**Chickasaw Nation Nutrition Services**

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