



How to make a watermelon smoothie

Watermelon is an interesting fruit because as you might guess, it's mostly water! Adding watermelon to smoothies can make the texture very watery. To do it right, you'll want to add enough fruit to get the watermelon flavor, but not enough that it's too liquid. So, it's helpful to have a recipe for a watermelon smoothie to get the right texture. Enter, this watermelon smoothie recipe! It's got just the right creamy thickness.

Why add watermelon to a smoothie? It's full of vitamins and nutrients! And, its naturally sweet flavor adds a delicious, almost tropical flair to a smoothie. Our toddler Larson absolutely loved this watermelon smoothie — he drank it extra fast! **Here's how to make a watermelon smoothie:**

- In a blender, add 3 cups cubed watermelon, 2 heaping cups frozen strawberries, and 1 banana (room temperature or frozen in pieces).
- Blend! Serve immediately.

Either a frozen or room temp banana works!

You can use either a frozen banana or a room temperature banana. We never remember to freeze bananas for smoothies, but we know some of you constantly stock frozen bananas! Using a frozen banana makes the texture even thicker and icier.