

## Beverages

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# Watermelon with a Hint of Mint

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### Servings: 1

*If you use frozen fruit, you may not need as much ice. Frozen fruit is as nutrient-packed as fresh fruit - just choose those with no added sugars.*

*If you do not wish to use dairy products, most milk alternatives (soy, rice) have roughly the same calories as 1% milk - about 100 per cup.*

**2 cups seedless watermelon**

**2 tablespoons fresh mint**

**1/3 cup 2% plain Greek yogurt**

Place all of the ingredients in a blender. If adding ice, place it in the container last.

Process until smooth.

Serve in a tall glass, preferably chilled.

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Per Serving (excluding unknown items): 5 Calories; trace Fat (12.2% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable.