

Beverage

Melon Smoothie for Two

Dash Magazine - June 2011

- 4 ice cubes**
- 1 cup vanilla yogurt**
- 1 cup cantaloupe**
- 1 cup honeydew melon**
- 1/8 teaspoon ginger**
- 1 teaspoon lemon juice**

In a blender, combine all ingredients.

Blend until smooth.

Per Serving (excluding unknown items): 268 Calories; 9g Fat (27.3% calories from fat); 11g Protein; 41g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 148mg Sodium. Exchanges: 0 Grain(Starch); 2 Fruit; 1 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.