

Tomato-Watermelon Smoothie

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1/2 cup diced tomatoes
1/2 cup cherry tomatoes
3/4 cup frozen watermelon
cubes
1/2 cup frozen sliced
strawberries
2 large basil leaves
1 tablespoon honey
pinch salt
watermelon wedge (for
garnish)

In a blender, combine the diced tomatoes, cherry tomatoes, watermelon cubes, strawberries, basil leaves, honey and salt. Blend until smooth.

Pour into a glass.

garnish with a watermelon wedge.

Per Serving (excluding unknown items): 99 Calories; 1g Fat (4.2% calories from fat); 1g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1 1/2 Vegetable; 1 Other Carbohydrates.