# Honeydew Smoothie

## INGREDIENTS
- 1/2 cup vanilla or plain, regular or Greek yogurt
- 1/4 cup orange juice
- 2 cups cubed honeydew melon
- 4 ice cubes, or as desired

## INSTRUCTIONS
1. Blend yogurt, orange juice, honeydew, and vanilla in a blender until frothy.
2. Enjoy!

SERVING SIZE: 1 cup (serves 2)  VISIT BCOC.ORG FOR MORE RECIPES!
Honeydew is a good source of potassium (2 cups = 24% RDA) which, combined with low sodium, may help reduce blood pressure. In addition, honeydew melon is about 90% water and contains electrolytes such as the aforementioned potassium, magnesium, sodium and calcium. This combination of water and electrolytes makes honeydew great for hydrating after a workout or during illness.

**Nutrition Facts**: (1 cup serving) 131 calories; 2.2g fat; 26g carbohydrates; 3.5g protein; 64mg sodium

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