

Watermelon Nectarine Smoothie

READY IN: 5mins

SERVES: 1

INGREDIENTS

- 1 nectarine (with skins on)
- 3/4cup watermelon
- 1/2cup orange juice
- 1/2cup ice, crushed
- 1 teaspoon honey (or agave)

Directions: Blend all together and serve.

NUTRITION INFO

Serving Size: 1 (505 g)

Servings Per Recipe: 1

AMT. PER SERVING

Calories 173.6

Calories from Fat 7

Total Fat 0.9 g

Saturated Fat 0.1 g

Cholesterol 0 mg

Sodium 6.2 mg

Total Carbohydrate 42.2 g

Dietary Fiber 3.1 g

Protein 3.1 g