

Strawberry Watermelon Shakedown



Ingredients

- 1 Cup Ice
- 1 1/2 cups frozen strawberries
- 1 1/2 cups frozen diced watermelon
- 1 scoop Vanilla Protein (optional)
- 1/4 cup plain non-fat yogurt OR 1/4 cup skim milk
- 2 tablespoons orange juice
- 1 1/2 tablespoons flax seed
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract

Directions

1. Blend the strawberries, watermelon, yogurt or milk, orange juice, protein, flax, honey and vanilla in a blender until smooth.