

# SUMMER FAMILY SMOOTHIE

## INGREDIENTS

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**1/2 Watermelon**

**1/2 Melon**

**3 Strawberries**

**1/2 Lemon Juice**

**Milk**

*CUT A LITTLE WATERMELON AND MELON INTO CUBES. ADD THE FRUIT IN A BLENDER WITH MILK, LEMON JUICE AND STRAWBERRIES. MIX WELL FOR 5 MINUTES. ADD THREE/FOUR ICE CUBES AND MIX ANOTHER TIME. FINALLY POUR IN A GLASS AND DECORATE WITH STRAWBERRIES, MELON AND WATERMELON.*

**BY ERIKA MOLASCHI**