

CANTALOUPE AND WATERMELON SMOOTHIE

SUPPLIES & INGREDIENTS

- 2 cups** frozen strawberries
- 1** medium banana
- 1.5 cups** cantaloupe chunks
- 1.5 cups** watermelon chunks
- ½ teaspoon** ground ginger

DIRECTIONS

1. Place all ingredients in a blender.
2. Blend on medium-high until smooth.
3. Pour into mason jars or glasses and enjoy!

