

Strawberry and Watermelon Juice

Ingredients:

1/2 cup strawberries, hulled
2 cups watermelon, diced
8 ice cubes

Directions:

1. Place ingredients in blender. You may need to use a spoon to move ingredients around in between pulsing.
2. Garnish with strawberries and serve immediately.

Nutrition Facts	
Serving Size 215g (261g)	
Servings Per Container 2	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 15%	Vitamin C 50%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: Eating Well

