
Matcha Melon Smoothie

Total time: 15 min Yield: 2 servings

Ingredients

2 cup honeydew melon (peeled, diced into $\frac{3}{4}$ " cubes, frozen)
1 cup green grapes (frozen)
1 tsp matcha powder
1 Tbsp honey
1 cup milk (your choice of dairy, nut-based or soy milk)

Prep Time: 15 min Cooking Time: 0 minutes Total Time: 15 min

Instructions

Place the frozen honeydew melon, frozen green grapes, matcha powder, honey and milk into a blender. Blend on high speed for 10 to 15 seconds, or until the mixture is smooth and creamy. Pour into two glasses and serve immediately. This smoothie is especially refreshing on a hot summer day.

Tip: Summer is the best time to stock up on melons when they're at their peak flavor and most affordable. Simply peel, dice, and freeze them to have on hand for smoothies or baking anytime.

Recipe brought to you by:

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