Melon and yogurt smoothie

Ingredientes (serves 2)

600 g of peeled and seeded melon

2 high protein yogurts (lactose free in case of intolerance)

15 or 20 fresh mint or basil leaves

Method

1. Cut the melon into small pieces and blend with the fresh mint or basil leaves.

2. Mix with the yogurt until obtaining a homogeneous smoothie.

3. Serve cold.

Recommendations

You can also replace the melon for pear or apple, removing the skin.
Milk can also be used (lactose free in case of intolerance) or dairy free drink.