

Melon smoothie

Quick to prepare, mega healthy and above all: delicious! The fruity melon smoothie can be changed super quickly into all your favourite variations.

Preparation time: 10 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 2 people.

Ingredients

1 piece Melon
1 tsp Honey
1 pinch Ground cardamom
1 piece Optional: banana

Preparation

Cut the melon in half and remove the seeds with a spoon, scoop out the rest of the pulp and put it in the blender. Scoop out a few scoops of melon or even a kiwi for decoration with an ice cream spoon and set aside.

Add a teaspoon of honey and some fresh mint or lemon balm leaves to the blender. Season with a pinch of ground cardamom.

Blend well until the desired creaminess is achieved and chill thoroughly.

To serve, fill into glasses with ice cubes and decorate with mint or lemon balm leaves.

If you like it even creamier: add 100 ml almond milk and/or 50g natural yoghurt 3.5% (substitute vegan product).

If you like it sweeter: add 2 bananas to the blender.