



✂ Smoothie ⌚ 10 min

## Pink sunrise mocktail with Chiquita bananas and watermelon

Try our non-alcoholic Chiquita mocktail- the perfect way to refresh while being healthy! The pink sunrise mocktail with Chiquita bananas also contains grapefruit juice, watermelon, sparkling water, lemon and lemon zest.

1

Mix two Chiquita bananas with half of a grapefruit,  $\frac{3}{4}$  cup sparkling water and one squeezed lemon. Set this mixture aside.

2

Blend in another bowl 1  $\frac{1}{2}$  cup sparkling water with the 3 slices of watermelon and the other half of the grapefruit.

3

Pour half of the glass with the red juice and put the other juice on top.

### INGREDIENTS FOR 2 PERSONS

- 2 Chiquita bananas
- 1 grapefruit
- 3 slices watermelon
- 2.25 cup sparkling water
- 1 lemon
- Mint to garnish

### NUTRITIONAL VALUES PER PERSON

- 118 Calories
- 0,3g Fat
- 0,1g Saturates
- 4,4g Carbohydrate
- 20,9g Sugars
- 2,8g Fibre
- 1,8g Protein
- 0g Salt

4

Garnish with a piece of watermelon and mint.

5

Enjoy and share your pink sunrise mocktail recipe using  
[#ChiquitaBanana](#)