



Tropical Fruit Smoothie

DRINK

Servings: 2 Serving size: 1 cup (8oz) Prep Time: 10 mins

Calories Per serving: 236

Carbohydrates: 49g • Protein: 5g • Fat: 2g

INGREDIENTS

- 1 mango, peeled and seeded
- 1 papaya, peeled and seeded OR 1 small pineapple
- 1/2 cup sliced bananas
- 1/2 cup yogurt OR milk
- 1/3 cup orange juice
- 5 cubes ice
- Ginger to taste

METHOD

Place the mango, papaya, bananas, yogurt or milk, orange juice, ginger and ice cubes in a blender. Process until the ingredients are smooth.

