**Tropical Fruit Smoothie**

**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
- ½ 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.