

Tropical Fruit Smoothie

Recipe Type: Snack/ Drink

Serves: 4

Prep Time: 5 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 medium ripe banana
- 8 oz can of pineapple chunks
- 1 C green grapes
- 3/4 C low-fat plain yogurt
- 1 C mango and peach juice
- 2 C fresh spinach
- 1/2 C ice



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Wash and cut up the fruit and veggies.
3. Add all the fruit spinach, fruits, yogurt and juice to the blender. Blend until smooth.
4. Serve and enjoy!

Nutrition Facts	
Serving Size 8 oz	
Amount Per Serving	
Calories 130	Calories from Fat 5
%Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 65 mg	3%
Total Carbohydrate 28 g	9%
Dietary Fiber 2 g	8%
Sugars 23 g	
Protein 3 g	
Vitamin A 30%	
Calcium 10%	

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 0.5; 5/19/2015

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