

# Tropical Smoothie



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

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**Serves:** 5

**Prep:** 5 minutes

## INGREDIENTS

- 1 mango, peeled and diced
- 1 large banana, peeled and sliced
- 1 cup fresh pineapple, diced\*
- 3/4 cup low-fat vanilla yogurt
- 1 cup ice cubes

## DIRECTIONS

1. Place all ingredients in blender. Blend until mixture is smooth. Add more ice to thicken. Add milk or water to thin.

### \*Substitutions

1 cup fresh pineapple	—	1 cup canned or frozen pineapple
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### Nutrition Information

*Serving size: 1 cup (1/4 of recipe)*

<b>Calories</b>	<b>120</b>
<b>Total fat</b>	<b>1 g</b>
Saturated fat	1 g
<b>Cholesterol</b>	<b>9 mg</b>
<b>Sodium</b>	<b>31 mg</b>
<b>Carbohydrates</b>	<b>26 g</b>
Fiber	2 g
Sugars	21 g
<b>Protein</b>	<b>4 g</b>

### Notes:

- Add unsweetened coconut before blending for extra tropical flavor.

Recipe source: Nutrition  
Education and Obesity  
Prevention Branch