Tropical Smoothie

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

Notes:
• Add unsweetened coconut before blending for extra tropical flavor.

Nutrition Information
Serving size: 1 cup (1/4 of recipe)

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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Calories</td>
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<td>Total fat</td>
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<tr>
<td>Saturated fat</td>
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<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
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<td>Sugars</td>
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<tr>
<td>Protein</td>
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</tbody>
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Recipe source: Nutrition Education and Obesity Prevention Branch

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