Mango, Strawberry, and Pineapple Smoothie

Prep time: 10 minutes

Ready in: 10 minutes

Serving Size: 2 servings

Ingredients:

- 1 mango, skin removed, diced, frozen
- 5 strawberries, stems removed, cut half, frozen
- 1 cup diced pineapple
- 1 cup orange juice
- 1 cup Greek yogurt, plain

Directions:

1. Combine all ingredients into a blender.
2. Puree until smooth, about 2-3 minutes. Drink immediately.

**Tip: Mango.** Mangos are an excellent source of vitamins C, A, and folate. They are a good source of fiber, vitamin B6 and copper.

Nutrition Facts (per serving):

Calories: 223
Fat: 0g
Cholesterol: 0mg
Sodium: 46mg
Carbohydrate: 47g
   Fiber: 3g
   Sugar: 35g
Protein: 11g

Attributed from Anne Burrell at foodnetwork.com
Modified by Emily Madden; 2013 Dietetic Student
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