

Mango Pineapple Smoothie



4 servings

Ingredients	Directions
1 cup Pineapple, (Peeled, chopped and frozen) 2 cups Mango (Peeled, chopped and frozen) ½ cup Banana (Peeled, chopped and frozen) ½ cup milk, skim 1 cup Greek yogurt non-fat plain 2 Tbsp Honey ½ tsp Vanilla Extract	Add all ingredients to a blender and blend for 30 seconds.

Chef Tips:

It is easy to add or subtract fruit to this smoothie recipe to get just the taste you like.

Nutrition Facts per serving – 160 calories, 0.5g Fat, 0g Sat. Fat, 0g Trans Fat, 5g Cholesterol, 35mg Sodium, 34g Carbs, 2g Fiber, 29g sugar, 0g added sugar, 8g Protein.