

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
- 1cup diced pineapple
- 1cup 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

**Beyond Mac & Cheese · Cheap, Easy, Tasty & Nutritious Recipes for the Busy College Student
Copyright 2014**