

Tropical Eye Opener

Ingredients

1 mango, peeled, seeded, and cut into chunks

1 large frozen banana peeled

1 cup fresh pineapples

$\frac{3}{4}$ cup low fat vanilla yogurt or almond milk or water



Makes 4, 1 cup servings

Prep time: 5 minutes

Preparation

Pour all ingredients into blender container and blend until smooth

Pour into glasses and serve

Nutritional information per serving

Calories 151, Carbohydrate 35 g, Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g.

Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 g, Sodium 31 mg

*Peel banana before freezing it.

Recipe: Everyday Healthy Meals