

Tropical Smoothie

Recipe makes: 6 servings (½ cup per serving)

Preparation time: 5 minutes

Cook time: 0 minutes

Equipment: one set of measuring cups, one blender, six serving cups

What you need to make this recipe:

- 1 cup mango
- ½ cup pineapple
- ¾ cup low-fat strawberry yogurt
- ¾ cup skim milk

How to make Tropical Smoothie:

1. Put all the ingredients in a blender. Blend until smooth.
2. Serve immediately. To serve, pour the smoothie into the serving cups.

Nutrition Facts	
Per 1 serving (½ cup)	
Calories	90
% Daily Value*	
Fat 0.4 g	1 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 20 g	
Fibre 1 g	4 %
Sugars 18 g	18 %
Protein 3 g	
Cholesterol 5 mg	
Sodium 35 mg	2 %
Calcium 100 mg	8 %
Iron 0.3 mg	2 %
Vitamin A 40 µg	4 %
Vitamin C 18 mg	20 %
5% or less is a little , 15% or more is a lot	
Nova School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk.

Substitutions:

To make this recipe milk-free, use a milk alternative like soy beverage.

Storage information:

Tropical Smoothie can be stored in an airtight container in the fridge for 1 day.