

Tropical Fruit Smoothie

Recipe Type: Snack/ Drink

Serves: 4

Prep Time: 5 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

Blender

1 medium ripe banana

1–8 oz can of pineapple chunks

1 C green grapes

2 C fresh spinach

$\frac{3}{4}$ C low-fat plain yogurt

1 C mango and peach juice

$\frac{1}{2}$ C ice



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Wash and cut up the fruits and spinach.
3. Add all the fruits, spinach, yogurt, juice, and ice to the blender. Blend until smooth.
4. Serve and enjoy!

Contains: Milk

Nutrition Facts

4 servings per container

Serving size 8 oz (273g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 45mg 2%

Total Carbohydrate 30g 11%

Dietary Fiber 3g 11%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 1mcg 6%

Calcium 122mg 10%

Iron 1mg 6%

Potassium 486mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 1.8