

MANGO-PINEAPPLE SMOOTHIE

WWW.WHOLEFOODSMARKET.COM

ingredients

3/4 cup frozen mango chunks
3/4 cup vanilla yogurt
1/2 cup apple juice
5 frozen pineapple chunks

Method

Put all ingredients into a blender and blend at high speed until smooth. Pour in a tall glass and enjoy.

Nutrition

Per serving (about 9oz/248g-wt.): 170 calories (10 from fat), 1g total fat, 0g saturated fat, 10mg cholesterol, 40mg sodium, 39g total carbohydrate (2g dietary fiber, 34g sugar), 3g protein

<http://www.wholefoodsmarket.com/recipes/299>

Tags: Quick and Easy, No Cook, Family Friendly, Cooking with Kids, American, Wheat Free, Vegetarian, Low Sodium, Low Fat, Gluten Free

