

Tropical Smoothie

Serving Size: 1 cup

Serves: 4

Ingredients

1 cup fat-free, sugar free vanilla yogurt
1 banana, coarsely chopped
1 mango, coarsely chopped
½ cup fresh strawberries, stemmed
1 cup canned crushed pineapple with juice
6 mint leaves for garnish

Directions

Combine all of the ingredients in a blender and blend until smooth. Serve in a tall glass and garnish with a mint leaf.

Exchanges per serving:

1 Fruit, ½ Milk

Nutrients per serving:

Calories: 109

Calories from fat: 4

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 1mg

Sodium: 35mg

Carbohydrate: 26g

Dietary Fiber: 3g

Protein: 3g