

Tropical Smoothie Recipe



5 from 1 reviews

Author: Deborah **Prep Time:** 5 mins **Cook Time:** 0 mins
Total Time: 5 minutes **Yield:** 2 servings **1X** **Category:** Drinks
Method: Blend **Cuisine:** American



Ingredients

Scale

- 1 cup frozen mango chunks
- 1 cup frozen strawberries
- 1 cup ice
- 1 frozen banana, sliced
- 1/2 cup milk
- 1/2 cup water
- 1/4 cup orange juice
- 1/4 cup plain Greek yogurt
- 1 teaspoon honey

Instructions

Combine all of the ingredients in a blender and blend until smooth.

Recipe Notes:

adapted from Barefoot Contessa Parties!

Nutrition information provided as an estimate only. Various brands and products can change the counts. Any nutritional information should only be used as a general guideline.

Nutrition **Serving Size:** 2 cups **Calories:** 186 **Sugar:** 27 g **Sodium:** 43 mg **Fat:** 3 g
Saturated Fat: 2 g **Unsaturated Fat:** 0 g **Trans Fat:** 0 g **Carbohydrates:** 36 g
Fiber: 3 g **Protein:** 6 g **Cholesterol:** 6 mg

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