

SHOPPING LIST

Tropical Smoothie

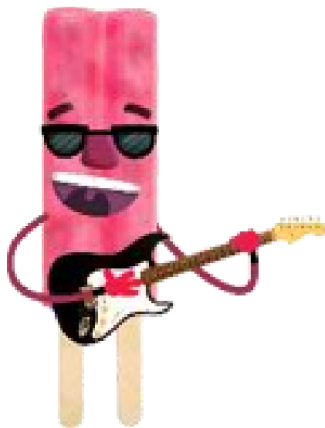
- ☐ Frozen Pineapple
- ☐ Over-ripe Banana
- ☐ Frozen Mango
- ☐ Orange Juice
- ☐ Shredded Coconut
- ☐ Toasted Walnuts

First, check off the items you already have at home.



Freezerburn
presents

DRINKS



Tropical Smoothie



VEGETARIAN



YES

TIME



Less than 30 min.

DIFFICULTY



Easy

SERVES



YOU WILL NEED



2 cups frozen pineapple chunks



1 over-ripe banana, thickly sliced



1 cup frozen mango chunks



1 cup water



1/2 cup orange juice



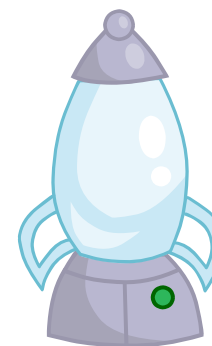
1/4 cup unsweetened shredded coconut



1/4 cup lightly toasted walnuts

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Combine all the ingredients in the jar of a blender, and puree until smooth.



STEP 2: Divide evenly between 4 glasses and serve immediately.

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Nutrition Facts

Serving Size (261g)		Servings Per Container 4	
Amount Per Serving			
Calories 190	Calories from Fat 70		
		% Daily Value	
Total Fat 8g		12%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 5mg		0%	
Total Carbohydrate 31g		10%	
Dietary Fiber 4g		16%	
Sugars 19g			
Protein 3g			
Vitamin A 8%	Vitamin C 110%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat		Less than 65g	80g
Saturated Fat		Less than 20g	25g
Cholesterol		Less than 300mg	300mg
Sodium		Less than 2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Fat 9 • Carbohydrate 4 • Protein 4			