



“TRIPLE-DOUBLE TROPICAL SMOOTHIE”

- ½ cup fresh pineapple, sliced
- ½ cup fresh strawberries, sliced
- ½ cup fresh bananas, sliced
- ½ cup fresh mango, sliced
- 1 cup organic yogurt
- ½ cup apple juice, no sugar added

1. Arrange a single layer of the sliced fruits on a baking sheet. Cover with plastic wrap & freeze for 1 hour or until firm. Smaller slices of fruit freeze faster.
2. Combine frozen fruit, yogurt & juice in a blender. Cover & blend for 1 minute until smooth. Enjoy!

servings: 2 / prep time: 1½ hours / cook time: 0 minutes

