

Tropical Smoothie

A whole orange goes into this refreshing drink, making it nice and thick. It's healthy enough to make a great grab-and-go breakfast and delicious enough to be an anytime treat.

Makes: 2 servings

Prep Time: 10 minutes

Source: chopchopfamily.org

Ingredients

- $\frac{3}{4}$ cup plain yogurt
- 1 large overripe banana, sliced (and frozen, if possible)
- 1 orange, peeled and sectioned
- $\frac{1}{2}$ cup fresh, frozen, or canned pineapple chunks
- 2 ice cubes (if using non-frozen fruit)
- 1 tablespoon almond or peanut butter
- 1 tablespoon shredded unsweetened coconut

Directions

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30-60 seconds.
3. Divide the smoothie equally between the two glasses and serve right away, or cover and refrigerate up to 4 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	240
Total Fat:	6.2 g
Saturated Fat:	2.5 g
Cholesterol:	6 mg
Sodium:	102 mg
Total Carbohydrates:	38.8 g
Dietary Fiber:	5.9 g
Total Sugars:	30.3 g
Added Sugars:	0 g
Protein	9.2 g

Utensils Needed

- Cutting board
- Table knife
- Measuring cup
- Measuring spoons
- Blender
- 2 glasses

SHOPPING LIST

Average total cost without oil and seasonings: \$9.21

Average cost/serving: \$4.61

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Plain, Low-fat yogurt (6oz)



Add 1 to Cart
Large banana



Add 1 to Cart
Orange



Add 1 to Cart
Pineapple chunks in 100%
juice (20 oz can)



Add 1 to Cart
Peanut butter (no sugar
added)



Add 1 to Cart
Unsweetened shredded
coconut

SAVE TIME, SAVE MONEY

My Cooking Notes

Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from snapedny.org for the following ingredients.
- Peanut Butter:
 - Loaded Apple Slices
 - West African Peanut Soup
- Pineapple:
 - Fruit Pizza
 - Tropical Overnight Oats