Tropical Eye Opener

A refreshing mixture of fruit, juice, and frozen yogurt for a meal on the go.

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup undrained pineapple chunks*
- ¾ cup lowfat vanilla frozen yogurt
- 1 cup ice cubes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth
2. Pour into glasses and serve.

Nutrition information per serving:
Calories 151, Carbohydrate 35 g, Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 31 mg

*Canned fruit packed in 100% fruit juice.