**Pineapple-Mango Smoothie**



**Yields: 4 Servings (Cups)**

**Ingredients:**

2 cups fresh or frozen pineapple chunks

1 mango, cut up

1 ½ cups orange juice

1 cup strawberry or vanilla yogurt (or nondairy yogurt)

Pinch of ground cinnamon

4 fresh strawberries (optional)

**Directions:**

1. Combine the pineapple, mango, and juice in a blender. Whirl on high speed until very smooth - about 1 minute.

2. Add the yogurt and cinnamon to the blender.

3. Whirl on high speed for 20 seconds longer.

4. Set out 4 tall drinking glasses (ice optional)

5. Pour the smoothie, garnish each glass with a strawberry (if using) and serve.

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**Pineapple-Mango Smoothie (Recipe on Back)**

**Variations**

- Substitute almond milk, light coconut milk, or soy milk for the orange juice.

- Make the yogurt low fat for a healthier option.

- When using canned pineapple chunks, use the juice from the can in place of some of the orange juice!

**1 smoothie = 1 ½ cups fruit**

**Pineapple**

-Good source of B vitamins, vitamin C, fiber, folate, manganese

**Mango**

-Good source of vitamin A, vitamin C and fiber.



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