

# Tropical smoothie

Makes 2 small serves

## Ingredients

- 1 mango cheek
- ½ banana
- ½ cup pineapple, fresh or canned in juice
- 200g reduced fat natural yoghurt
- ⅓ cup reduced fat milk

## Method

1. Remove skin from mango cheek.
2. Add ingredients to a blender.
3. Blend for 1 minute or until smooth.



NUTRITION INFORMATION		
Servings per recipe: 2		
Average serving size: 280ml		
	Per serve	Per 100g
Kilojoules (kJ)	691	247
Protein (g)	9.5	3.4
Total fat (g)	1.1	0.4
- Saturated fat (g)	0.5	0.2
Carbohydrates (g)	26.7	9.5
- Sugars (g)	23.5	8.4
Fibre (g)	2.6	0.9
Sodium (mg)	100	36

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines