

Tropical Freeze

Ingredients

pcrm.org/health/recipes/recipe030728.html

1 orange, peeled

1 cup frozen banana chunks

1 cup frozen mango chunks

1/2 -1 cup fortified soymilk or rice milk

Method

Cut orange in half and remove any seeds. Place in a blender with banana, mango and milk. Blend until thick and very smooth, 2-3 minutes. Serve immediately. Yields 3 servings of 1 cup each.

Note

Calories: 130, protein: 3g, fat: 2g, fiber: 4g, sodium: 12mg, carbohydrate: 28g