

Island Power Smoothie

Ya mon! This fruit-filled island concoction is a great way to get your daily servings of nutrient-rich fruit.

Nutrition Score per serving:

Calories 298 Fat 1g Carbs 55g Protein 18g Fiber 4g

Ingredients

1/2 mango, peeled and cubed
1/2 cup pineapple chunks in unsweetened juice, undrained
1 kiwi, peeled and cubed
1/2 cup fat-free plain yogurt
1 scoop whey protein powder
2-3 ice cubes
1 strawberry

Directions

Combine mango, pineapple with juice, kiwi and yogurt in a blender; mix with pulse function until just blended. Add protein powder and mix again. With blender on high, add ice cubes and blend 30-60 seconds until volume increases and mixture is frothy. Remove remaining ice. Pour into a tall glass and garnish with strawberry. Makes one large serving.