

MANGO, PAPAYA and PINEAPPLE SMOOTHIE

Makes 2.

By Dennis W. Viau; an original recipe.

This recipe makes a delicately flavored smoothie. No one flavor stands out and overpowers any of the others. It also uses a lot of liquid. If you prefer a thick smoothie, you can reduce the liquid.

Ingredients:

½ cup (55g) frozen mango
½ cup (65g) frozen papaya
½ cup (65g) frozen pineapple
2 cups (475ml) almond milk*
1 tablespoon flax seed
1 tablespoon protein powder (optional)

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

*For a thick smoothie, start with half the liquid and test for thickness. Add more almond milk if you prefer it thinner.

