

TROPICAL SMOOTHIE

Pineapple, Apple, Banana

3 servings.

By Dennis W. Viau; modified from an Internet recipe.

This smoothie benefits from the sweet flavor of tropical fruits. It gets added nutrition from yogurt, protein powder, and ground flax seed. If you live near a store where frozen chopped fruits are available, this smoothie is easy to prepare.

Ingredients:

- 2 cups (475ml) orange juice
- 1 cup (130g) pineapple chunks (frozen)
- 1 cup (130g) mango chunks (frozen)
- 1 medium banana
- 1 cup (250g) yogurt
- 1 scoop (28g) vanilla protein powder
- 1 or 2 packets stevia or other sweetener, if desired
- 1 tablespoon ground flax seed (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.

