



Tropical Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 1 cup lowfat (1%) milk
- 1 cup diced frozen mango or pineapple
- 1 small (or ½ large) banana, sliced
- ½ cup fresh spinach

Directions

1. Pour the milk into the pitcher of a blender.
2. Add the mango or pineapple, banana, and spinach.
3. Blend until smooth and fully combined, about 2-3 minutes.
4. Serve immediately.

Recipe Notes

- For a boost of flavor, consider adding 1 teaspoon grated fresh ginger (or ¼ teaspoon ground dried ginger) and/or ¼ teaspoon ground cinnamon.
- For additional protein, try adding 1-2 scoops protein powder, 1-2 teaspoons chia seeds or hemp hearts, 1 teaspoon ground flax seed (flax meal), ¼-½ cup Greek yogurt, or ¼-½ cup cottage cheese.
- Substitute your favorite unsweetened non-dairy milk if desired.
- If you don't have fresh spinach on hand, substitute any leafy green or ¼ cup loose frozen spinach.
- Substitute any other frozen fruit for the mango or pineapple if desired.

Nutrition Facts Per Serving: Calories: 150 | Total Fat: 3 g | Saturated Fat: 1.5 g
Sodium: 60 mg | Total Carbohydrate: 29 g | Dietary Fiber: 3 g | Protein: 5 g

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