

# Almond Breeze Tropical Morning Smoothie

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-papaya-drink-recipe>

## Ingredients:

- 2 cups almond Breeze Coconut Almond Milk
- 1/2 papaya seeded and cubed
- 1/2 mango peeled and cubed
- 1/2 pineapple cubed
- 1 banana
- 1 orange peeled and cut into quarters
- 1 tablespoon raw honey
- 1/4 cup coconut flakes
- ice if your fruit is not frozen

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 59 grams
3. Fat: 39 grams
4. Fiber: 15 grams
5. Protein: 18 grams
6. SaturatedFat: 6 grams
7. Sodium: 5 milligrams
8. Sugar: 29 grams

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