

Tropical Fruit Smoothies for Two

Yield: 2 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-tropical-fruit-punch-recipe>

Ingredients:

- 2 cups Dole Tropical Fruit Medley
- 1/4 cup lowfat vanilla yogurt
- 1 Orange about 1/4 cup
- 3/4 cup almond milk
- 1 tablespoon honey optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. Sodium: 70 milligrams
8. Sugar: 16 grams

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