

Pineapple Mango Smoothie

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-pineapple-mango-smoothie-recipe>

Ingredients:

- 1 cup pineapple frozen
- 1 cup frozen mango pieces
- 1 cup vanilla yogurt
- 1/3 cup milk or more if needed
- 2 teaspoons sugar
- ice cubes a couple of, if needed

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 4 grams
8. Sodium: 115 milligrams
9. Sugar: 45 grams

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