

Pineapple, Mango, Coconut Water Smoothie

Serving Size: 12 fl oz

Makes: 1 serving

Ingredients:

¾ cup	Ice Cubes
1/3 cup	Mango, peeled, diced
1/3 cup	Pineapple, diced
3 TBSP	Coconut Water
3 TBSP	Orange Juice
3 TBSP	Greek Yogurt, Fat-Free, Plain
¼ cup	Banana, sliced

NUTRITION FACTS

PER SERVING

calories	150
total fat (g)	0.5
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	30
total carbohydrate (g)	32
dietary fiber (g)	3
sugar (g)	24
protein (g)	6



Preparation:

1. Combine ice, mango, pineapple, coconut water, orange juice, plain Greek yogurt, and banana in a blender.
2. Blend until smooth.



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