

Eat Healthy and Make Healthy
Lifestyle Choices

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Tropical Wake-Up Smoothie

1/2 Cup Frozen Fruit (Banana, Pineapple, or Mango Chunks)

1 Cup nonfat Yogurt (Tropical Flavor)

1/4 Cup Orange Juice

Mix Together in a blender until smooth:

Prep Time: 50 Seconds

304 Calories, 13g Protein, 64g Carbohydrates, 1g Fat