



## Sunshine Smoothie

A serving of fresh tropical fruits in a smoothie.

**Serving Size – Serves 2**

### Ingredients

- 1 frozen ripe banana, previously peeled and sliced
- ¼ cup orange juice
- 2 oranges, peeled and sliced
- 1 cup frozen mango chunks
- ½ cup frozen or fresh pineapple chunks

### Instructions

1. Blend the frozen banana chunks and orange juice together until thick, creamy, and smooth – about 3 minutes.
2. Scrape down the sides of the blender as needed. Add the oranges, mango, and pineapple. Blend until the combined.



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