

July 4, 1998

Tropical-Blend Smoothie

2 Servings

- 1 very ripe banana, sliced**
- 1 cap diced pitted peeled fresh mango (from about 1 small)**
- 1 cap diced peeled fresh pineapple**
- 1 cap unsweetened pineapple juice**
- ½ cap canned light unsweetened coconut milk**
- 1 teaspoon fresh lime juice**

Arrange banana, mango and pineapple in single layer on baking sheet. Cover and freeze until fruit is frozen solid, about 2 hours.

Combine pineapple juice, coconut milk and lime juice in blender. Add frozen fruit. Blend until mixture is thick and smooth. Pour into glasses and serve immediately.

Very Berry Smoothie

2 Servings

- 1 ¾ cap low-fat blueberry yogurt**
- ¼ cap grape juice**
- 1½ caps frozen blueberries**
- 1 cap frozen blackberries**

Combine yogurt and juice in blender. Add berries. Blend until mixture is thick and smooth. Pour into glasses and serve immediately. Bon Appétit, January 1998

*Good Morning!
Thank you for
the fantastic
dinner on Saturday.
(Here are the other
recipes I found)
Susan*

TOTAL P.01