



# Pineapple Mango Smoothie Cubes

NIBBLEDISH CONTRIBUTOR

## Ingredients

2 mangoes, peeled and chopped  
1 cup crushed pineapple, with juice  
2 cups fat free milk  
1/4 teaspoon fresh ginger, cropped  
3 tablespoons honey

## Instructions

1. Plop everything into a blender and process until smooth.
2. Carefully spoon liquid into three 1-ounce ice cube trays. Freeze at least 3-4 hours or overnight.