



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.