



# Tropical Smoothie

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1/2 ripe mango, peeled and seeded
- 1/2 ripe papaya, peeled and seeded
- 1 ripe banana
- 1/4 cup freshly squeezed orange juice
- 1/2 cup skim milk
- 1/4 cup nonfat yogurt
- 1 teaspoon good honey
- 2 cups ice

## Instructions

In a blender, combine the mango, papaya, banana, orange juice, milk, yogurt, honey, and ice. Blend until smooth.

Yield: 1-2 servings, Difficulty: Easy