SHOPPING LIST

Tropical Smoothie

- ◯ Frozen Pineapple
- ◯ Over-ripe Banana
- ◯ Frozen Mango
- ◯ Orange Juice
- ◯ Shredded Coconut
- ◯ Toasted Walnuts

First, check off the items you already have at home.

CUT

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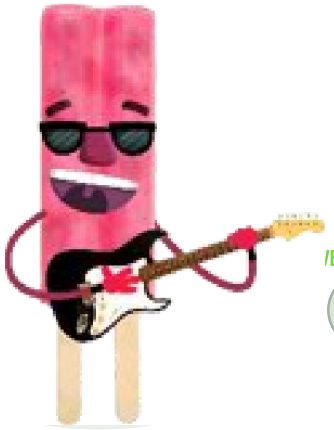
Freezerburn presents

DRINKS



Fizzy's Lunch Lab

Tropical Smoothie

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Less than 30 min.	Easy	

YOU WILL NEED

2 cups frozen pineapple chunks

1 over-ripe banana, thickly sliced

1 cup frozen mango chunks

1 cup water

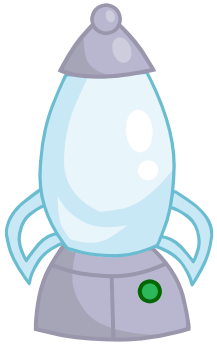
½ cup orange juice

¼ cup unsweetened shredded coconut

¼ cup lightly toasted walnuts

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Combine all the ingredients in the jar of a blender, and puree until smooth.

STEP 2: Divide evenly between 4 glasses and serve immediately.

Nutrition Facts

Serving Size (261g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 19g	
Protein 3g	
Vitamin A 8% • Vitamin C 110%	
Calcium 2% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4