



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD

Nutrition & Wellness Educator

Serving McLean, Livingston, & Woodford Counties

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Tropical Smoothie



1/2 cup ripe, fresh avocado, pitted, peeled, and diced
1/2 cup ripe mango, peeled, pitted, and diced
1/2 cup fresh pineapple, peeled, cored, and diced
1 1/2 Tablespoons pineapple juice
1/2 cup unsweetened coconut milk
1/2 cup ice

Instructions: In a blender, add avocado, mango, pineapple, pineapple juice, almond milk, and ice. Blend until smooth. Serve and enjoy!

Yield: 2 servings

Nutrition Facts (per serving): 140 calories, 7 grams fat, 0 milligrams sodium, 21 grams carbohydrate, 4 grams fiber, 1 gram protein