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## Tropical Smoothie

*Makes 1 serving*

### Ingredients

- 1/2 cup ice
- 1/2 cup canned coconut milk
- 1/2 cup mango nectar
- 1 cup milk, soy milk, rice milk, or vanilla liquid meal supplement
- 1 banana
- 1/2 cup frozen mango chunks
- 2 tbs plain or vanilla protein powder

### Nutritional info per serving

Calories:	1194
Total fat:	64g
Cholesterol:	186
Sodium:	299mg
Total Carbohydrates:	106.2g
Dietary Fiber:	164g
Protein:	62.2g

### Directions

1. Place all ingredients in a blender and process to desired thoroughly, making sure ice, banana and mango chunks are completely blended.
2. Add additional milk to the blender if needed to assist in blending.