

The Fruit Hunters: Tropical Smoothie

Serves 4

Ingredients:

½ cup ripe frozen mango cubes
½ cup ripe or frozen papaya cubes
½ cup ripe or frozen pineapple cubes
1 ripe banana, peeled and sliced
¼ cup orange juice or coconut water
½ cup skim milk
¼ cup nonfat yogurt or crème fraîche
1 tsp. Okanagan honey
2 cups ice

Directions:

Combine all ingredients in a blender. Blend until smooth. Pour into glasses and garnish with a slice of fruit. Serve cold.