**Tropical Smoothie**

Makes 4 smoothies

**Ingredients:**

1 cup frozen mango( sliced)

1 cup frozen pineapple

1/4 cup non-fat plain yogurt

1 cup milk

1/ cup orange juice

1/4 c. Coconut milk or coconut water

**Directions:**

1. Put all ingredients into blender
2. Cover blender and start at slow speed. Increase gradually
3. Blend until smooth and creamy
4. Pour into cups and enjoy!

Try some other smoothies at

Smoothieweb.com