



Because no student **FEED-A-BULL** Should go hungry

## Tropical Fruit Smoothie

Prep Time: <5 Min.

Total Time: 5 Min.

### Ingredients:

- 1 cup of canned tropical fruit
  - Tropical fruit blend, pineapples or peaches
- ½ cup yogurt
- 1 cup water

### Instructions:

1. Drain canned fruit
2. Rinse fruit (if packed in syrup)
3. Place fruit in bowl or plastic bag and freeze overnight
4. Combine frozen fruit, yogurt, and water in blender
5. Blend until smooth

### Alternative option

Don't have time to freeze your fruit? Simply decrease the fruit to  $\frac{3}{4}$  cup and add  $\frac{1}{2}$  cup of ice