

Tropical Smoothie

An island blend of mango and coconut

INGREDIENTS:

- 1 Unflavored Juven® packet
- ¼ cup skim or 2% milk
- ½ cup frozen mango chunks
- ½ cup frozen pineapple chunks
- ½ cup nonfat vanilla yogurt
- 2 tsp fresh lime juice
- ⅛ tsp or a dash coconut extract
- 5 to 6 large ice cubes
- Fresh fruit (optional garnish)

NOTES:

Garnish with fresh fruit.

SERVINGS: 1



DIRECTIONS:

STEP 1

In a small bowl, whisk together the Juven and milk, and pour into a blender.

STEP 2

Add the remaining ingredients and blend until smooth, adding additional ice if desired.

STEP 3

Garnish and serve.



Find more delicious recipes at
[JUVEN.COM/RECIPES](https://www.juven.com/recipes)

Use Juven under medical supervision.

