

Pineapple Mango Smoothie

Ingredients:

- ¼ cup fresh pineapple chunks
- ¼ cup mango slices
- ¼ cup brown rice
- ½ cup soymilk, light
- 1 tbsp. ground walnuts



Nutrition Facts	
Serving Size 1 smoothie (259g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 7g	
Vitamin A 15%	• Vitamin C 60%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Blend all ingredients in blender until smooth; about 2 minutes.