

Tropical Smoothie Bowl

Serves 12



Ingredients:

- 4 packed cups (about 4 ounces) baby spinach
- 1 5.3-ounce container (or $\frac{2}{3}$ cup) low-fat plain Greek yogurt
- 1 (15-ounce) can pineapple rings in pineapple juice or 1 $\frac{1}{2}$ cups diced pineapple
- 4 ripe bananas, peeled and sliced
- 3 ripe mangos, skin removed, diced or 3 cups frozen diced mango

Toppings

- $\frac{3}{4}$ cup unsweetened coconut flakes
- 1 $\frac{1}{2}$ cups Skillet Granola
- 1 quart strawberries, hulled and thinly sliced
- 18 ounces grapes, red or green

Instructions:

1. Put the spinach and yogurt in a container with high sides (if using an immersion blender) or into a blender.
2. Add the pineapple and its juice to the container. If using fresh pineapple, add $\frac{2}{3}$ cup water to replace the canned pineapple juice.
3. Add the bananas and mangos,
4. Blend until smooth, taking extra time to break down the spinach leaves as much as possible. (For a smoothie bowl, the blend should be thicker than a drinkable smoothie).
5. To build the smoothie bowl: Pour $\frac{1}{2}$ cup of the blended mixture into an 8-ounce or 10-ounce bowl. Top with 2 Tablespoons of Skillet Granola, 1 Tablespoon coconut flakes, approximately 2 strawberries, hulled and sliced, and about 5 grapes, halved.

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Nutrition Facts

Serving Size

1 × 12 Serving

Amount Per Serving

Calories

285.6

% Daily Value*

Total Fat

9 g

12 %

Saturated Fat

4.3 g

22 %

Trans Fat

0 g

Cholesterol

1.1 mg

0 %

Sodium

39 mg

2 %

Total Carbohydrate

51 g

19 %

Dietary Fiber

6.5 g

23 %

Total Sugars

37.8 g

Added Sugars

1.5 g

3 %

Protein

6.2 g

Vitamin D

0 mcg

0 %

Calcium

65.7 mg

5 %

Iron

1.6 mg

9 %

Potassium

697 mg

15 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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