



Strawberries



Tropical Strawberry Smoothie

Ingredients:

Mango
Strawberries
Diced pineapple
Orange juice

Cooking Directions:

1. Combine **1** frozen mango (skin removed), **5** frozen strawberries (stems removed), **1 cup** of diced pineapples, and **1 cup** of orange juice in a blender and puree until smooth, about 2-3 minutes.

How to use:

- Drink immediately

