



Freeze-Ahead Tropical Smoothies

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 48 oz fruit frozen
- ☐ 2 lb vanilla yogurt fat free 99% yoplait®
- ☐ 24 oz orange juice concentrate frozen thawed canned

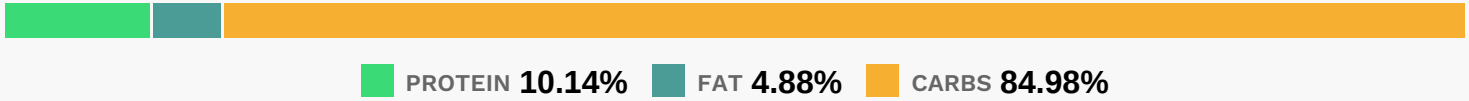
Equipment

- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Divide frozen fruit evenly among 8 quart-size resealable freezer plastic bags.
- ☐ Add 1/2 cup yogurt and 1/4 cup orange juice concentrate to each bag. (Save remaining orange juice concentrate for another use.) Seal bags; freeze up to 3 months.
- ☐ To prepare smoothie, place bag(s) in refrigerator and thaw just until fruit mixture can be removed from bag. In blender, place contents of 1 bag and 1 cup cold water. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 3 glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.2517391495083%

Nutrients (% of daily need)

Calories: 106.41kcal (5.32%), Fat: 0.6g (0.92%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 23.5g (7.83%), Net Carbohydrates: 22.31g (8.11%), Sugar: 20.01g (22.24%), Cholesterol: 1.89mg (0.63%), Sodium: 29.77mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin C: 42.66mg (51.7%), Potassium: 311.56mg (8.9%), Vitamin B2: 0.14mg (8.19%), Calcium: 78.24mg (7.82%), Phosphorus: 75.13mg (7.51%), Folate: 27.12µg (6.78%), Vitamin B1: 0.1mg (6.71%), Vitamin A: 294.93IU (5.9%), Vitamin B6: 0.1mg (4.99%), Fiber: 1.19g (4.76%), Magnesium: 18.81mg (4.7%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.2µg (3.34%), Copper: 0.06mg (3.21%), Vitamin B3: 0.57mg (2.86%), Selenium: 1.97µg (2.81%), Zinc: 0.41mg (2.73%), Vitamin K: 2.76µg (2.63%), Iron: 0.3mg (1.64%), Manganese: 0.03mg (1.52%), Vitamin E: 0.18mg (1.18%)