



Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



## Club Tropicana Smoothie

with pineapple, mango & coconut

### In your box

4 oz. Frozen Pineapple  
5.4 fl. oz. Coconut Milk  
4 oz. Mandarin Oranges in Juice  
3 oz. Frozen Mangoes  
6 fl. oz. Pineapple Juice

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### Make the Smoothie

- Place **all ingredients** in a blender and blend, 3-4 minutes.
  - Add 2 cups **ice** and blend until smooth, 3-4 minutes.
  - Pour into two glasses and enjoy!
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**NUTRITION** per serving Calories: 301, Carbohydrates: 39g, Fat: 16g, Protein: 2g, Sodium: 15mg.

**CONTAINS** tree nuts (coconuts)

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.