



## Rainbow Smoothie

### U.S.

1 cup

1 cup

2/3 cup

Tropical Fruit, frozen blend

Mixed Berries, frozen blend

Almond Milk, original, unsweetened

### Metric

140g

140g

160mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a blender, combine all ingredients and blend on medium-high speed until smooth.

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## Nutrition Facts

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1 Servings

**Serving size**                      **16 oz**

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**Amount per serving**

**Calories**                              **270**

**Total Fat**                              2.5 g

    Saturated Fat                      0 g

    Trans Fat                              0 g

    Monounsaturated Fat              1 g

**Cholesterol**                              0 mg

**Sodium**                                      105 mg

**Total Carbohydrate**                      57 g

    Dietary Fiber                        17 g

    Total Sugars                         36 g

        Includes 0g Added Sugars

**Protein**                                      4 g

Vitamin D                                  0 %

Calcium                                      30 %

Iron    2 %

Potassium                                  365 mg

Phosphorus                                 15 mg

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