



Recipes

Beverages

Tropical Energy Smoothie

Prep Time: 5 minutes

Yield: 2 servings

Ingredients:

2 tablespoons tahini

1 medium ripe banana

1 cup low-fat plain yogurt

1-1/2 cups pineapple juice

1 medium papaya

Directions:

1. Scoop out flesh from papaya with spoon. Add to blender with rest of ingredients. Blend until smooth.