



# Tropical smoothie

## Ingredients

250 ml (1 cup) of Alasko strawberries frozen  
125 ml (1/2 cup) of Alasko mango frozen  
125 ml (1/2 cup) Alasko pineapple frozen  
60 ml (1/4 cup) Alasko banana frozen or 1/2 fresh banana small  
500 ml (2 cups) of passion fruit juice

Preparation time :  
5 minutes

Portions: 4 portions

Product: Pineapple Chunks 10

Productcode: 00231

Type: Classic fruits

Format: 1 x 40 lb

Preservation :

Keep frozen at 0°F or -18°

below. Take out desired amount

and return any product not used

immediately to freezer. Do not

refreeze.

Preparation:

Thaw product at room temperature

and use frozen. Use any way you

prefer or incorporated into your

favorite recipe.

## Steps

Process all ingredients in a blender at high speed until smooth.

Serve immediately.

VARIATION:

Pour the mixture into ice lollypop moulds with sticks and freeze until desired (at least 4 hours). Ideal healthy treat for your children.

TROPICAL COLADA

Replace 1/2 cup (125 ml) of the juice with white rum, and replace the

remainder of the juice 1 1/2 cups (375 ml) with coconut milk and add 1 tbsp

(15 ml) fresh lime juice for a tasty summer colada.