



Fast Fruit Smoothie

Ingredients: blender, cup, 1 cup Del Monte® Mango Pineapple Fruit Cup® Snacks, not drained, 1/2 cup plain Greek yogurt, 1/2 cup ice cubes, 3 mint leaves.

To make the smoothie, combine all ingredients in blender and puree 15 to 30 seconds until smooth. Serve and enjoy! For more recipes using veggies and fruits, visit delmonte.com/recipes.



GrowingGreat is a California nonprofit with the mission to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.



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