

# Sunrise Smoothie

RECIPE LIGHTLY ADAPTED FROM ANNE BURRELL



## Ingredients

1 c SWP Strawberries  
1 c SWP Mango Chunks  
1 c SWP Pineapple  
1 c Orange Juice  
1 Banana (optional)

## Directions

1. Combine frozen strawberries, frozen mango chunks, frozen pineapple, peeled banana (if using), and orange juice in a blender or large food processor. Blend until smooth.  
\*\*Depending on the machine you use it may take anywhere from 2-5 minutes to blend.