



Tropical Smoothie Bowl

10
minutes
or less

V
option

INGREDIENTS

1 ½ cups Hy-Vee frozen unsweetened tropical fruit blend, divided
½ cup Hy-Vee 2% reduced-fat milk
½ cup Hy-Vee plain Greek yogurt
5 cups Hy-Vee fruit and nut granola

PREPARATION

1 Combine 1 cup frozen tropical fruit blend, milk, and Greek yogurt in a blender. Cover and blend until smooth, stopping to scrape down the sides as needed. Divide between two serving bowls. Top each bowl with ¼ cup granola and ¼ cup frozen tropical fruit blend. Serve immediately.

NUTRITION FACTS

Calories: 230
Total Fat: 4.5g
Saturated Fat: 1.5g
Cholesterol: 5mg

Sodium: 70mg
Carbohydrates: 35g
Fiber: 4g
Sugar: 21g
Protein: 11g