

Sunny Side Up Smoothie



Ingredients:

- 1 1/2 cups orange juice
- 1 banana
- 2 tbsp. wheat germ
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks

Nutritional Information:

- Calories: 276
- Fat: 1g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 0mg
- Carbohydrates: 65g
- Fiber: 6g
- Sugar: 47g
- Protein: 4g

Instructions:

- Add ingredients to blender jar in order listed and secure lid.
- Select "Smoothie" or blend on a Medium Low speed for 10 seconds and then a Medium High speed for 30 seconds.

This delicious recipe brought to you by: blendtec.com