

Tropical Eye-Openers

This recipe comes from Prevention Magazine's Quick and Healthy Low-Fat Cooking Cookbook. It provides each person served with one serving of fruit.

Yield: 4 servings

Ingredients:

1 large, ripe mango
1 large banana
1 cup 100-percent grapefruit juice
½ cup non-fat vanilla frozen yogurt
1/8 teaspoon grated nutmeg
1½ cups ice
1 to 2 teaspoons sugar or the equivalent in artificial sweetener (optional)

Procedure:

Peel the mango over a bowl to catch the juice. Then, use a paring knife to slice the flesh away from the stone. Discard peel and stone. Add mango flesh, its juice and other ingredients to blender and puree. Sweeten to taste, if desired. Serve in frosted glasses. Garnish with fresh mint, if desired.

about 118
calories, zero
fat and 2
grams of fiber
per serving

A great breakfast beverage or after-school snack, a serving of this recipe provides about 60 percent of the daily requirement for vitamin C and 40 percent of the daily requirement for vitamin A.



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