

# Tropical Citrus Smoothie

Jessica D'Ambrosio, Melissa Gaman, Young Sun Huh, Khalil Hymore, Steve Jackson, Amy Stevenson  
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## Servings: 1

*1 clementine, peeled*  
*1 1/2 cups frozen pineapple chunks*  
*1/2 cup frozen mango chunks*  
*2/3 cup unsweetened coconut milk beverage*  
*2 teaspoons light brown sugar*  
*1/4 teaspoon ground turmeric*  
*1/4 teaspoon grated lime zest*  
*1 teaspoon lime juice*  
*clementine slice (for garnish)*

In a blender, combine the clementine, pineapple, mango, coconut milk beverage, brown sugar, turmeric, lime zest and lime juice.

Blend until smooth.

Pour into a glass.

Garnish with a clementine slice.

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Per Serving (excluding unknown items): 26 Calories; trace Fat (2.0% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.