

Tropical Fruit Smoothies

"The Culinary Institute of America Cookbook"

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Servings: 2

To toast the coconut, Swirl the grated coconut in a dry saute' pan over medium-high heat for 2 to 3 minutes or until golden brown. Immediately pour the toasted coconut into a bowl or plate to prevent scorching.

1 cup pineapple, diced
1/4 cup mango, diced
1/4 cup papaya, diced
1/4 cup kiwi, peeled and diced
1/2 cup fresh orange juice, divided
1/4 cup coconut milk
1/4 cup plain non-fat yogurt (optional)
1/3 cup ice
1 tablespoon sugar (or as needed)
1/4 teaspoon vanilla
2 slices pineapple (for garnish)
toasted shredded unsweetened coconut (for garnish, optional)

In a blender, combine the pineapple, mango, papaya, kiwi and 1/4 cup of the orange juice. Puree' until smooth.

With the machine running, add the remaining orange juice, coconut milk, yogurt (if using), ice, sugar and vanilla extract.

Blend the fruit mixture until smooth and thick.

Serve the smoothies at once in chilled tall glasses garnished with a pineapple slice and a sprinkle of toasted coconut.

Per Serving (excluding unknown items): 157 Calories; 8g Fat (41.2% calories from fat); 2g Protein; 23g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 1/2 Fruit; 1 1/2 Fat.