



## Tropical Pineapple & Mango Smoothie Bowl

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### Ingredients

- 3 cups frozen Heartland Foods Tropical Blend (mango/pineapple/strawberries)
- 1 splash of milk of choice to blend

### Optional\*

- 2 tablespoons of protein powder

### Directions

1. Add frozen ingredients and protein powder to a high speed blender or food processor and blend until thick and creamy, scraping down the sides as needed. Add a splash of milk to help blend if necessary.
2. Scoop the smoothie into a bowl and top with toppings of your choice. Our favorites are shredded coconut, chai seeds, banana and orange slices, blueberries and granola.

