

Tropical Freeze

Makes about 3 cups

Pureed frozen fruit makes a wonderful dessert, without the fat or refined sugar of ice cream. Look for frozen mango pieces in your supermarket, or you can make your own using fresh mangoes. To freeze bananas, peel and break into chunks. Place them loosely in a covered container in the freezer.

1 orange (preferably navel), peeled
1 cup frozen banana chunks
1 cup frozen mango chunks
1/2-1 cup fortified soymilk or rice milk

Cut orange in half and remove any seeds. Place in a blender with banana, mango, and milk. Blend until thick and very smooth, 2 to 3 minutes. Serve immediately.

Per 1-cup serving: 130 calories; 3 g protein; 28 g carbohydrate; 2 g fat; 4 g fiber; 12 mg sodium; calories from protein: 10%; calories from carbohydrates: 78%; calories from fats: 12%

Recipe from [Healthy Eating for Life to Prevent and Treat Diabetes](#) by Patricia Bertron, R.D.

