



Tropical Snack Smoothie



Entire recipe: 155 calories, 2g total fat (0g sat fat), 133mg sodium, 35g carbs, 4.5g fiber, 23.5g sugars, 1.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

3/4 cup [unsweetened vanilla almond milk](#)
1/2 cup frozen unsweetened mango chunks, partially thawed
1/2 cup sliced ripe banana (about half of a large banana)
1/4 tsp. cinnamon
1/2 cup crushed ice (or 5 - 8 ice cubes)
Optional: no-calorie sweetener

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.