Fruit Smoothie Bowl
Recipe courtesy of The American Heart Association

Servings: 4   **Serving Size:** 1/2 cup smoothie plus 1/4 cup topping

Ingredients

¼ cup chopped fresh or frozen pineapple and 1/4 cup chopped fresh or frozen pineapple, divided use

1/2 teaspoon stevia sweetener -OR- 1 packet stevia sweetener

1 squeeze coconut-flavored liquid stevia sweetener

1 squeeze tropical punchflavored stevia water enhancer

1 tablespoon fresh, chopped mint

¼ cup chopped, dry-roasted pecans

4 sprigs fresh mint leaves

Nutrition Facts | 134 Calories Per Serving

Total Fat . . . . 5.5 g

    Saturated Fat . . . . 0.5 g

    Trans Fat. . . . . 0.0 g

    Polyunsaturated Fat . . . . 1.5 g

    Monounsaturated Fat . . . . . . 3.0 g

Cholesterol . . . . 3 mg

Sodium . . . . 23 mg

Total Carbohydrate . . . . .17 g

    Dietary Fiber . . . . 2 g

    Sugars . . . . .11 g

Protein . . . . 7 g

Dietary Exchanges

1 fruit, 1 lean meat, ½ fat

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Directions

1 In a food processor or blender, process the yogurt, 1/2 of the banana slices, ¼ cup of the papaya, ¼ cup of the mango, ¼ cup of the pineapple, the stevia sweetener, and liquid stevia sweetener in the order listed, for 1 to 2 minutes, scraping the sides as needed. Pour or spoon the mixture into four small serving bowls.

2 In a separate small bowl, stir together the stevia water enhancer, chopped mint, and remaining banana, papaya, mango, and pineapple. Spoon about ¼ cup of the fruit mixture on top of the yogurt mixture in each bowl. Top with 1 tablespoon pecans. Garnish each bowl with a sprig of mint.

Cooking Tip: To freeze fresh papaya, remove the peel from the papaya with a vegetable peeler. Cut the papaya in half lengthwise. Using a spoon, scrape out the seeds. Slice the halves of papaya into 1-inch lengthwise slices. Cut the slices crosswise into 1-inch cubes. Place the papaya cubes on a cookie sheet. Freeze for 2 hours, or until frozen. Transfer the papaya to a resealable plastic bag or a covered plastic freezer container. Freeze for up to two months.

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