

# Tropical Fruit Smoothie Pops

A tropical smoothie pop made with Paradise Tropical Fruit Mix

## Ingredients:

- 1 1/3 cups plain Greek Yogurt
- 1/4 cup almond milk
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1 banana, sliced
- 1 8 oz tub Paradise Tropical Fruit Mix, coarsely chopped
- 1/2 cup crushed pineapple, drained
- 1/4 cup sweetened flaked coconut
- 2 tablespoons milled flax seed



## Directions:

Combine all ingredients in a blender. Blend together until smooth. Fill ice pop molds with smoothie mixture. Freeze several hours or overnight.

## Recipe Note:

Make the smoothie pops one of two ways.

#1: Add the coarsely chopped tropical fruit mix to the blender and blend with rest of ingredients. This will chop the fruit super fine. Proceed with recipe.

#2: Combine all of the ingredients in a blender except the coarsely chopped tropical fruit mix. Blend well. Stir in the coarsely chopped tropical fruit mix. Proceed with recipe.