

# Tangerine Smoothie

Prep Time: 4 minutes

## Tangerine Smoothie Recipe:

2 bananas

2 tangerines – peeled and seeded

1/4 cup shredded coconut

4 ice cubes

1/2 cup water

## Instructions:

Blend and serve.

We get our produce from:



[www.freggies.com](http://www.freggies.com)

*For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)*