Tropical Fruit Smoothie
Serves 4-6

Ingredients:
• 1/2 can pineapple in its own juice, including juice
• 1 cup of Papaya, peeled, seeded and coarsely chopped
• 1 mango, peeled, seeded and coarsely chopped
• 1 ripe banana, peeled and broken into chunks
• 2-3 tablespoons coconut cream (not milk)
• 2-3 tablespoons honey
• 1 teaspoon vanilla extract
• 1 to 1½ cup plain yogurt (we prefer Mountain High brand)
• 1 to 1 ½ cup crushed ice

Directions:
Blend all ingredients, except ice, in blender first set at medium and then at high.
When smooth continue blending while pouring in 1 to 1½ cups crushed ice.