



Tawil Physical Therapy  
& Sports Performance

## Fruit Smoothie Bowl

Recipe courtesy of The American Heart Association



**Servings:** 4

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

### Ingredients

- 1/4 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
- 1/4 cup chopped, dry-roasted pecans
- 4 sprigs fresh mint leaves

### Nutrition Facts | 134 Calories

#### Per Serving

Total Fat . . . . .	.55 g
Saturated Fat . . . . .	0.5 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	1.5 g
Monounsaturated Fat . . . . .	.30 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, 1/2 fat



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### Directions

**1** In a food processor or blender, process the yogurt, 1/2 of the banana slices, 1/4 cup of the papaya, 1/4 cup of the mango, 1/4 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 1/4 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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