Tropical Twist Smoothie

This cool and refreshing treat is an excellent source of vitamin C and protein.

Serves 2



Ingredients

- ½ cup orange juice
- ½ cup low-fat milk
- ½ cup frozen mango pieces
- 1 ripe banana
- ½ cup non-fat, Greek yogurt
- 3-4 ice cubes (optional)

Nutrition Facts

Serving Size About 1 Cup Servings Per Recipe 2

Servings Per Recipe 2			
Amount Per Sei	rving		
Calories 170) Calc	ories fron	n Fat 10
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 50mg			2%
Total Carbohydrate 32g 11%			
Dietary Fiber 2g			8%
Sugars 23g			
Protein 9g			
Vitamin A 15	% • \	∕itamin 0	C 70%
Calcium 25%	6 • I	ron 2%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be	higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Carbohydrate 4 • Protein 4			

Please note: nutritional values are approximate.

Directions

- 1. Measure and add all ingredients to a single bowl, pitcher or container.
- 2. Puree until smooth using hand-blender.

