Mango Smoothie

Makes 4 servings.
1 cup per serving.

Ingredients
1 cup 100% orange juice
1 small banana, peeled and sliced
2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
5 ice cubes

Preparation
1. Combine orange juice, banana, and half the mango into a blender container. Blend until mixture is smooth.
2. Add remaining mango and ice cubes. Blend until mixture is smooth. Serve immediately.

Nutrition information per serving:
Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 0 g

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