

“My kids love to help with this recipe.”



Fruit Smoothie

Makes 4 servings – 1 cup per serving
Prep time: 10 minutes

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 smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

Brenda P.

Stay-at-home mom
Two kids,
ages 6 and 9



Nutrition Information:

Calories 120, Carbohydrate 30g,
Dietary Fiber 3g, Protein 1g,
Total Fat 0g, Saturated Fat 0g,
Trans Fat 0g, Cholesterol 0mg,
Sodium 4mg

Adapted from recipe courtesy of BOND of Color.



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