Paradise Freeze

This dessert is simple to make, using just a few ingredients and a blender.

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

1 large banana

2 cups strawberries

2 ripe mangos, chopped

½ cup of ice cubes

Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:
Calories 121, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg