Mango Smoothie

A tropical twist for your morning.

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.

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

Adapted from recipe courtesy of BOND of Color.