

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



Prep time:

10 minutes

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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