

Makes 4 servings.
1 cup per serving.

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Prep time:
5 minutes

Preparation

1. Combine all ingredients in a blender 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,
Added Sugars 0 g