

Mango Smoothie

Makes 2 servings

Ingredients

1 banana, peeled, cut into slices and frozen

1 cup orange juice

1 cup mango, cubed

1 cup pineapple juice

Mise en place! (Everything in its place)

Directions

Place all ingredients in blender jar and puree.

Nutritional information:

Calories: 165

Carbohydrates: 43g

Fat: 0

Sodium: 0

Fiber: 6g

Potassium: 15% Daily Value*

Vitamin A: 7% DV

Vitamin C: 120% DV

Calcium: 38% DV (using calcium enriched orange juice)

* Percent Daily values are based on a 2,000 calorie diet.

[Link to Video](#)