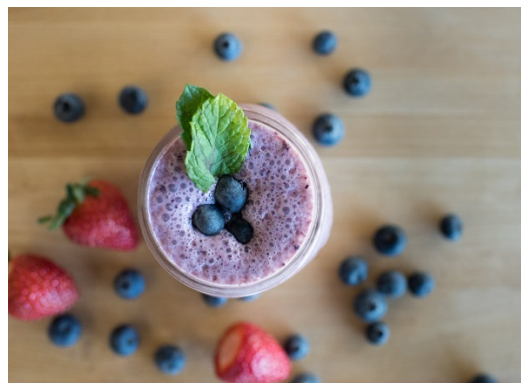


# Blueberry Mango Smoothie

## **Ingredients:**

$\frac{3}{4}$  cup plain, nonfat Greek yogurt  
 $\frac{3}{4}$  cup nonfat milk  
 $\frac{3}{4}$  cup frozen blueberries  
 $\frac{3}{4}$  cup frozen mango chunks  
1 Tablespoon honey  
Splash vanilla extract



## **Directions:**

1. Add all ingredients to a blender
2. Process until mixture is completely smooth.
3. Add more milk in small amounts to desired reach consistency.
4. Serve.

## **Nutrition Information: (per serving)**

### **1/2 Recipe:**

190 Calories  
1 g Fat  
35 g Carbohydrate  
13 g Protein

### **1/3 Recipe:**

125 Calories  
<1 g Fat  
23 g Carbohydrate  
9 g Protein

### **1/4 Recipe:**

95 Calories  
<1 g Fat  
18 g Carbohydrate  
7 g Protein