

3-A-Day of Dairy (DMI-369)

MANGO YOGURT SMOOTHIE

Recipe created by 3-A-Day™ of Dairy

Makes 1 serving

Prep time: 5 minutes

Ingredients:

- 4-7 ice cubes
- 1 cup (8 ounces) plain fat-free yogurt
- 3/4 cup mango slices in extra light syrup,* drained
- 1 teaspoon sugar substitute (optional)
- mango slices for garnish (optional)

Place ice in bottom of blender. Add yogurt, mango and sugar substitute, if desired. Blend ingredients until smooth.

Pour into a tall glass and garnish with mango slices, if desired.

Serve immediately.

*Mango slices can be found in jars in your grocery store's produce section.

Nutrition Facts per serving for individual food

Calories	180
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	140 mg
Calcium	30% Daily Value
Protein	11 g (10 grams from dairy)
Carbohydrates	40 g
Dietary Fiber	2 g